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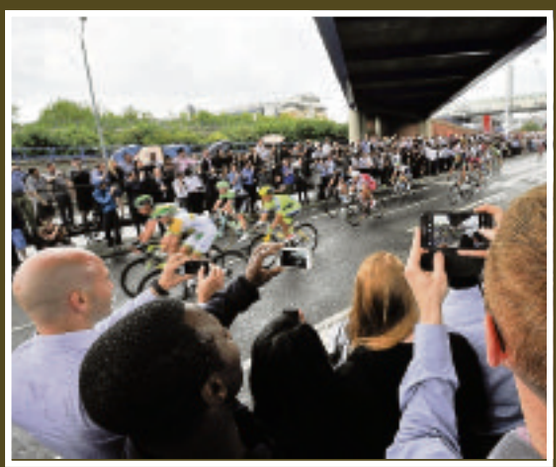
the Wharf

FREE
JULY 10, 2014

VIVE LE TOUR!

Two years after the Olympics, east Londoners took to the streets again to cheer on another sporting spectacle as Le Tour de France sped through Picture special / Pages 4-5, 58



Inside

The future is orange

The man turning east London on to basketball P64

9 WAYS to get a beach body

P55

Forgotten Chinatown

Limehouse recalls a culture erased from history P14

WHAT'S ON Capturing the moment with Christopher Jonas **NEWS** Island by-election verdict

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Agenda

WEATHER

23C	TODAY	Showers later
25C	FRIDAY	Showers later
25C	SATURDAY	Showers
22C	SUNDAY	Showers
22C	MONDAY	Cloudy

TRAVEL

TUBE & DLR
No DLR service between Westferry and Beckton due to engineering works. Replacement buses operate. Jubilee line fine on Saturday. On Sunday no service between Finchley Road and Waterloo until 11am.

INSIDE

NEWS Pages 1-8
WHAT'S ON Pages 11-14
PROPERTY From Page 15
LIFESTYLE Pages 52-57
COMMUNITY Page 59
SPORT Page 64

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ESTABLISHED 1998

If silence is golden, noise gets silver

BLONDE'S EYE VIEW

ANGELA **CLARKE**

I remember reading an article by a property journalist who wondered how much a flat had to cost before it warranted a silent bathroom extractor fan.

Upon visiting one of the million-pound-plus Wharf apartments – which literally look down on us all – he switched on the en suite light and got his answer. Bear with me, I promise this isn't a plug for our illustrious property section. No, the point is that hush is expensive. Silence really is golden.

Noise surrounds us. Screeching DLRs battle with the collective chatter of Wharfers moaning into their mobiles. Outside drinkers grow louder as the day progresses. Inside our restaurants the constant drone of business deals and gossip bounce off the walls. The smooth towers of E14 amplify everything.

Then there are those who use headphones. Flashy sound equipment often fails at its base function: to play music solely to the listener.

I relish hard-nosed banker types listening to S Club Juniors on the Jubilee line. An aural schadenfreude: the unfortunate lover of cringe-inducing tunes becomes the carriage's joke. But it's why I never listen to music in public.

I long for quiet. I seek peaceful solace in therapy – beauty therapy. Their birdsong music tracks let me escape the world.

But a broken iPod and a massage freaked me out. The tranquility enveloped my therapist and I like a suffocating plastic bag. I babbled, to fill the sound void, as if I were in a terrible job interview.

I yearned for an extractor fan, anything. I only relaxed when the door was opened, and once more I could hear the reassuring clamour of E14. Noise is underrated.

Follow Angela on Twitter: @TheAngelaClarke

London Eye

REUTERS

Catherine, Duchess of Cambridge, sits on Centre Court at the Wimbledon Tennis Championships

London gallery Page 58

REUTERS

Keira Knightley, left, and James Corden joke during a London photocall for their latest film Begin Again.

WIN tickets to the film, and dinner, with our weekly competition. See Page 63

51 Food Get off the Overground and get eating

54 Health It's time to start preparing your beach body

56 Travel Estonia has shaken off its Soviet image

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

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BRASS BAND OF THE WEEK

KAY LOCKETT

CANARY WHARF Hackney Colliery Band perform in Jubilee Park. Formed in 2008 out of a desire to play music that appealed to the feet as much as to ears, the Hackney Colliery Band is east London's take on the brass band. The musicians mine funk, hip-hop and rock from the musical coalface and find a rich vein of sounds in Balkan brass, ska and contemporary jazz for good measure

NEWS IN BRIEF
Around Canary Wharf

Blackstone looks to buy FCA HQ

CANARY WHARF Private equity company Blackstone looks set to buy the North Colonnade headquarters of the Financial Conduct Authority in a deal believed to be worth around £165million.

The building was placed on the market in March when the FCA announced it would be moving its 3,000 staff to the new International Quarter at the Olympic Park in Stratford.

The watchdog will leave in 2018 after more than 20 years in Canary Wharf.

Wharf home for new fintech body

CANARY WHARF An industry body to promote the fintech sector has won £600,000 backing from Canary Wharf Group and the City of London Corporation.

Innovate Finance was previously known as FinTech UK and will relaunch this month with 50 members.

The body will be based at One Canada Square where the Level39 incubator hub already champions financial technology startups.

Business extra / Page 60

Brutal sex trafficker lived life of comfort

COURT

Woman forced to have sex up to 20 times a day

Rob.Virtue
@wharf.co.uk

A gang boss who used the proceeds of a sex trafficking empire to live a life of luxury has been sent to prison for 12 years.

Vishal Chaudhary, 35, lived in Pan Peninsula on the Isle of Dogs and drove a Mercedes convertible. Meanwhile the women he had lured from eastern Europe with the promise of a better life were forced into prostitution.

At least 120 woman, who came for cleaning and babysitting jobs, were controlled with threats. Their passports were taken and they were subjected to abuse by gang enforcer Krisztian Abel, a 33-year-old Hungarian, who lived in Ilford.

Jailed: Vishal Chaudhary

They were traded for between £30 and £100 an hour on an industrial scale from a makeshift call centre in Brent, some having sex with up to 20 men a day.

But Chaudhary's reign of terror came to the attention of the Met's Trafficking and Kidnap Unit (TKU). The ringleader was monitored and, in January last year, officers swooped to make their arrest.

Det Sgt Alan Clark, of the TKU, said: "Many of the victims have been deeply traumatised by what this gang did to them. One victim's account brought the interpreter to tears.

"They came to the UK for regular employment, to earn money to make a better life for themselves and their families.

"Instead, they found themselves trapped and at the mercy of this abusive group."

Other gang members included Attila Kovas, a Hungarian who lived in Southgate. He was found guilty of conspiracy to traffic. He was jailed for six years.

Kunal Chaudhary, 32, of Manchester was jailed for five years for conspiracy to traffic, conspiracy to control prostitution and concealing criminal property.

Szilbia Abel, 24, sister of Krisztian, a Hungarian living in Budapest, was extradited to the UK and found guilty of conspiracy to traffic for sexual exploitation and conspiracy to control prostitution for gain. She was sent to prison for three years.

Krisztian was the only defendant to plead guilty and was jailed for 10 years at Croydon Crown Court.

Six jailed for race attack / Page 59

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Picture special

Grey skies and sunny smiles greet Le Tour

EVENT Flavour of 2012 excitement as sporting spectacle speeds past

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« Sam Perry, 25, left, from Oxford said: "We love the Tour – we went to France to watch it last year but the crowds are much better here on home soil."

Sebastian Balcombe, 31, right, from Bow said: "We are keen cyclists and it is great to be able to watch the race here in London."

Pictures by Kay Lockett and James Perrin

Katie Bliss, 32, left, from Cambridge said: "I've just come back from cycling around South East Asia. I just love cycling. I think that the Le Tour de France coming to the UK and London will give cycling a great boost and hopefully encourage more people to get into it."

Sophie Bailey-Powell, 31, right, from Eastway said: "I love Le Tour de France – I have followed the race down from Yorkshire, it was so much fun up there and there is a great atmosphere here too. I have a tandem bike that I ride everywhere with my husband."

Members of Cycling Club Hackney, from left, Prosper Watts, Kai, 11, Sam Bardill, 12, and Andy Bardill, 49, all from Hackney.

Andy said: "We train here at the Olympic Park and the Velodrome and it's fantastic to see the race here right on our doorstep. This is a seminal experience for the youngsters to see their heroes in action – events like this give them something to aspire to."

Kai said: "Cycling is so much fun, you can go really fast and it gets you fit. Everyone should try it."

Sam said: "My favourite cyclist is Chris Froome – I want to be like him and race in Le Tour de France one day."

More pictures of Le Tour in Central London • Page 58 • Also go to wharf.co.uk for more

News

SPIRAL NOTEBOOK

By Giles Broadbent

Respect for rule of law is not a given

When Prime Minister David Cameron was asked to set out what he considered to be "British values" in the wake of the Trojan Horse scandal, he picked the puff-with-pride chart-toppers.

He said: "I would say freedom, tolerance, respect for the rule of law, belief in personal and social responsibility and respect for British institutions."

Who could disagree? Who wouldn't want to be British in a world where states are crumbling and we pine for the black-and-white days of hammer-fisted dictators?

"Respect" gets two mentions. The inference being that this is a given, to be taught and accepted. It's part of the deal.

> "The law should point a finger, not grab a handful

But respect has to be yielded, not taken.

On Sunday, Jimmy McGovern's TV drama *Common* highlighted how the "rule of law" is losing its aura. The "joint enterprise" law, at its most malign, is a trawler net, ripping through the presumption of innocence. The law should point a finger, not grab a handful.

Another inequity is "police bail". This strange nether-world means that many can be accused of nothing, charged with nothing, yet still live with the cloud of suspicion over them. Habeas corpus out the window.

As the 800th anniversary of the Magna Carta arrives in 2015, perhaps the institutions of the law should be examining whether they are worthy inheritors of its legacy. Whether they are champions – or lazy eroders – of "British values".

Residents of Limehouse heralded the impending arrival of Le Tour with a day of festivities on Sunday. The community rallied round with stalls and activities

Limehouse remembers forgotten Chinatown **Page 14**

Three elected in poll under keen scrutiny

POLITICS

Two Labour and a Tory mean Rahman's party misses out

Beth.Allcock
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Voters on the Isle of Dogs backed two Labour members and a Conservative to represent their patch.

It means that Mayor Lutfur Rahman's Tower Hamlets First party has made no further inroads and leaves Labour as the biggest party on Tower Hamlets Council.

Election results for the ward of Blackwall and Cubitt Town were announced amid heightened security and scrutiny after the debacle of the May elections.

Labour's pair Dave Chesterton and Candida Ronald and Tory Christopher James Chapman are the newly-elected councillors with 18 other candidates missing out.

The election for the ward was postponed in May after a candidate died shortly before polling day.

Residents instead went to the polling station on Thursday. Turnout was measured at 31.64%.

Cllr Rachael Saunders, leader of the Tower Hamlets Labour Group, said: "The people of Blackwall and Cubitt Town have sent a clear message that they want politicians who will stand up for local people, tackle poor social landlords such as One Housing and fight for the infrastructure and investment the Isle of Dogs needs.

"They have elected excellent councillors in Dave Chesterton and Candida Ronald who I have no doubt will serve them with distinction.

"The people of Blackwall and Cubitt Town want a strong and principled opposition to hold the mayor to account.

"With the elections now decided it is important that politicians of all sides reflect on what the electorate have told them. We must find ways to cooperate for the good of our residents."

The also result means Isle of Dogs campaigner and former councillor Gloria Thienel did not secure a seat, while representatives from Ukip and the Lib Dems failed to make an impact.

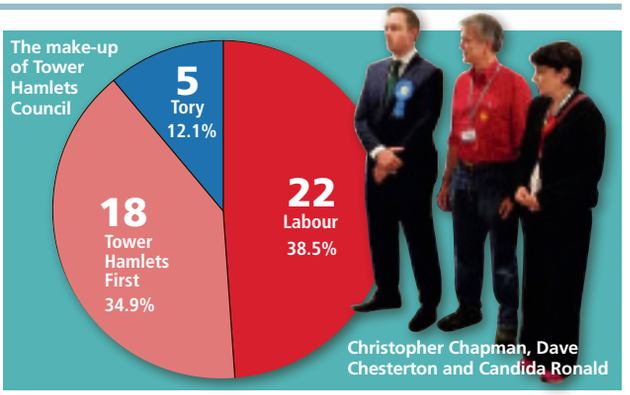
No initial reports of disorder have been received following similar complaints in the May elections.

Conservative leader Cllr Peter Golds said: "The police and Electoral Commission presence was overwhelming. It was much better managed than previously."

The result leaves no party in overall control. Labour is the biggest party with 22 seats, Tower Hamlets First has 18 and the Conservatives have five.

However, the council is run by an executive mayor, Lutfur Rahman of THF, the party of his own creation. It is likely that the Tories would find common cause with Labour in holding the executive to account, especially as that executive is currently under investigation by central Government.

Cllr Golds said: "We ought to use the majority we have to make sure he is properly scrutinised. He personally needs to be scrutinised because every decision is his decision."



ONLINE
More at wharf.co.uk

INQUIRIES, AUDITS & LEGAL ACTIONS

TOWER Hamlets is still living with the the political and procedural fall-out of May's local elections. Here's where we are:

- **A *Panorama* documentary accused Mayor Lutfur Rahman of intervening in the distribution of council grants to favour his supporters, prompting intervention by central Government. Last week, Communities Secretary Eric Pickles said the council would have to bear the cost of the delays to this audit because of its obstruction.**
- **The council countered by seeking a judicial review of the scope of Mr Pickles' audit.**
- **A police investigation found no evidence of criminal fraud based on the BBC evidence but there is a separate investigation into fraud relating to a grant to Brady Youth Forum.**
- **A writ to the High Court accuses Mayor Lutfur Rahman of direct involvement in electoral fraud and illegal smearing of opponents. Mr Rahman denies the claim.**
- **Meanwhile the Electoral Commission slammed the organisation of May's chaotic local elections, saying preparations were inadequate.**
- **There have been a number of arrests relating to electoral irregularities. These include postal vote fraud, misrepresentation and false declarations.**
- **This is linked, but separate, to investigations into voter intimidation at polling booths which have not yet led to any arrests.**
- **Finally, and separately, Mr Pickles has put the council on notice that he is challenging the continued publication of "town hall Pravda" *East End Life*.**

Q&A

Carol Cleveland
ACTRESS

Monty Python return to The O2 next week for their last ever live dates. We speak to a Monty Python original who is back in the limelight.

■ **You must be thrilled to be involved in the Monty Python Shows at The O2.**
Absolutely. I'd never even seen The O2 before first night so that was a bit of a shock.

■ **What are you memories of getting involved with *Monty Python's Flying Circus* in 1969?**
I was only supposed to be in four of the five episodes they'd written in the beginning.

Not only had I not worked with any of the Pythons, I hadn't met them. I had a vague idea of what to expect, but then they sent me the scripts, and the scripts did not include Terry Gilliam's animation, so the sketches had no end and no beginning.

So I'm reading these scripts thinking, "What? I don't get it." I only got it when we went into the studio for the first time and Terry Gilliam had done his animation.

Carol Cleveland, "Python girl"

■ **Were you frustrated that the Pythons only seemed to write glamour girl scenes for you?**
They did apologise to me. It was Michael [Palin] who came up to me by the time we got to the second or third episode, and they realised I wasn't just a pretty face. Michael said, "I'm so sorry we don't have more for you to do Carol. We're just not very good at writing for women."

■ **Though skilled in drama and comedy, did you feel typecast because of Python's success?**
Even though I loved doing Python, it has been a ball and chain. I always saw myself as a "straight actress",an all-rounder who could do drama and comedy.

I never saw myself as a comedian, and I have done some good work on stage, all my sort of dramatic roles have been on stage. As many of them were out of town, casting people didn't get to see them. Consequently, I'm still known as "the Python girl".

■ *PomPoms Up! From Puberty To Python And Beyond by Carol Cleveland is published by Dynasty Press, priced £10.99. Available now.*

Residents fear years of night-time noise

PLANNING

Newham warns LCY it could kick out plans if construction work is disruptive

Rob.Virtue
@wharf.co.uk

Campaigners against London City Airport expansion fear years of night time disruption if a planning application is approved.

Stop City Airport released a statement last week saying long-suffering residents in the area were already facing increased noise issues due to Crossrail works and from the proposed Chinese business park by ABP.

It raised its latest concerns after a letter was made public from Newham Council, expressing fears over night-time construction work.

Campaigner Alan Haughton said: "There will be no relief for residents. Aircraft noise all day long and as soon as that finishes, non-stop piling for three years at least.

All change, London City Airport

"There's already outrage in the area, not just over the airport, but the Crossrail works, which is probably why Newham has stepped in."

The council's senior development manager Chris Gascoigne has written to planning consultants working on behalf of the airport.

He said the airport was proposing a construction programme lasting up to seven years, with three of those being 24 hours a day.

He wrote: "In our view the proposed night time construction noise impacts are not acceptable and represent a potential reason for refusal of planning permission."

The airport has been asked whether it can reduce operation hours in order to carry out construction during the day, but officers have yet to receive a response.

When asked about the letter, both Newham Council and City Airport played down the row.

A council spokesman said: "The planning application process is ongoing, so residents should ensure their views are known."

He recommended residents lodge their opinions with the council.

A statement released by the airport said: "London City Airport is working closely with Newham to mitigate the effects of noise on the community during the construction phase of the City Airport Development Programme.

"The airport is committed to using best practicable means to deliver an acceptable programme of construction hours and reducing noise impacts, and is in dialogue with Newham as to how this can best be delivered."

The airport's plans include seven new aircraft parking stands, a three-storey passenger pier, noise barriers and a 260-bedroom hotel.

NUMBERS

1,537
Transit vans have been recorded stolen by the Metropolitan Police from 2013 to May 2014 – just over three a day

14
out of the West Ham U21 squad are UK nationals, one of the highest percentages of young home-grown talent among the established Premier League teams

32.6%
of the top 10% of earners across the country work in London whereas just 7.9% of the bottom 10% of earners work in the capital. The average wage in London is £15.84 an hour.

Sources: TM Data Unit; Office of National Statistics

Community
The latest news from your area in our new weekly page P59

Protesters demand GP funding rethink

HEALTH

SEVERAL hundred people took to the streets of east London on Saturday to protest about a change in NHS funding which threatens GP practices.

Doctors and patients from Tower Hamlets, Newham and Hackney, where 22 practices are under threat, held rallies across the three boroughs to coincide with the 66th anniversary of the NHS.

The grassroots Save Our Surgeries campaign has support from MPs, councillors and the Unite union.

Rushanara Ali MP

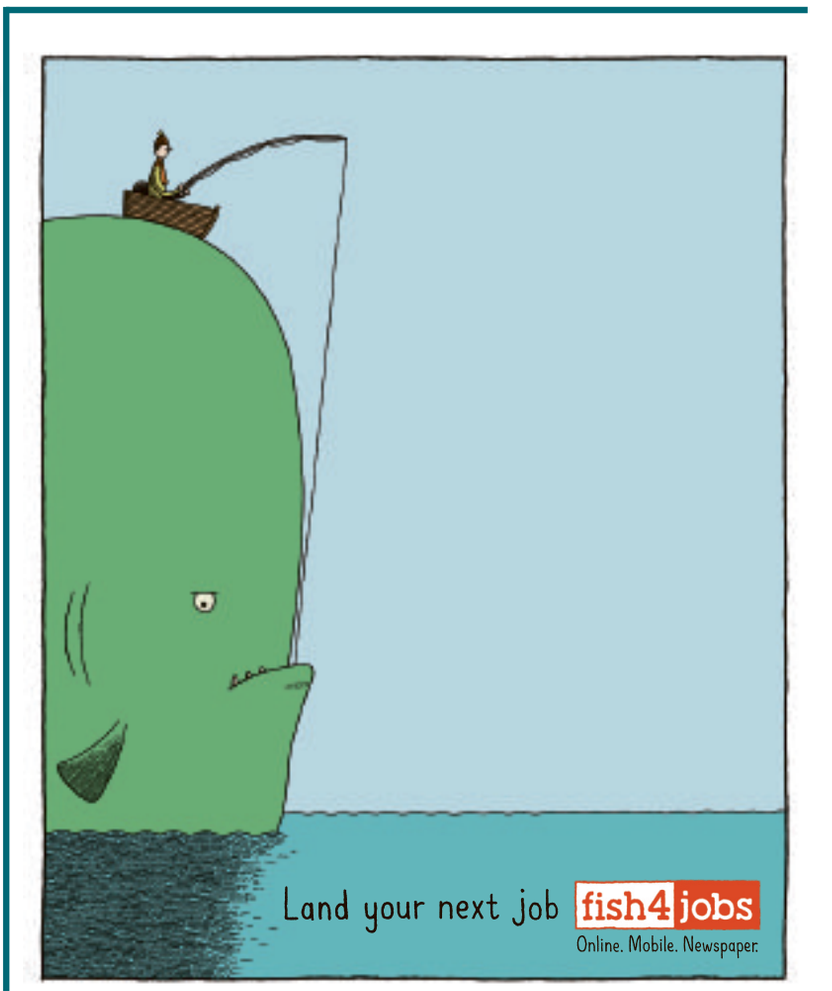
MP Rushanara Ali said: "The funding formula is damaging people's healthcare, it is hurting some of the poorest communities in the country."

The Jubilee Street practice, in Tower Hamlets, has been a focus of the campaign. Dr Naomi Beer called on government to reinstate Minimum Practice Income Guarantee – top-up funding – and reverse the "disastrous effects" of the Health And Social Care Act.

The NHS says the MPIG would be removed over seven years to allow practices to adapt and that most practices in London would gain. The Jubilee Street practice would lose £903,000 over that time.

Serco loses DLR deal

SERCO has lost the contract to run DLR services. The company which has operated and maintained the railway since 1997 has lost out to a joint venture partnership between Keolis and Amey. The partnership will run the service from December to 2021.



Notebook

Panic as I prepare to reveal my plump summer styles

WORKING MUM

TABITHA RONSON

This run of good weather has sent me into meltdown – not because of the heat but because of attire.

I relish bad weather because it enables me to hide the growing mounds of flesh beneath layers of clothing. Not so when we're rivalling Rio.

I've tried to hang in there. While others are down to tiny Tees, cap sleeves, floral above-the-knee skirts and Daisy Dukes, I've soldiered on in a blazer, Chambray shirt, Chinos and a scarf, the latter to detract the eye from the bulbous belly.

However, in the words of the Wicked Witch of the West "I'm melting!" I don't know what's worse – seeing someone who is sweating profusely or one who is exposing too much wobbly flesh.

I hit the Canary Wharf book stores and I am now the owner of numerous titles: *The Two Day Diet; The Fast Diet; Honestly Healthy; Itsu The Cookbook* (where every recipe is under 300calories); *The Paleo Diet; I Quit Sugar For Life*.

In the several weeks in which they have been in my possession I have failed to shift any of the surplus-to-requirement fat.

In fact I have probably put on a couple of pounds. But I'm having huge fun looking at the lovely pictures and pondering on the glorious lifestyles that accompany the svelte dream.

I do so love the idea of "layering"; re-inventing comfort food; toting my home-prepared lunch in cutesy little jam jars; creating five dishes with cauliflower.

Each of the gurus behind the healthy lifestyle titles talks about the importance of routine when starting out on a programme. This is the one aspect of the books I've found relatively easy to follow.

After the school run, feeding, homework, bathing and putting Master A to bed, I stick in an M&S ready meal, pour myself a glass of Sauvignon, and plonk myself down on the sofa, usually with a pre-supper snack of crackers and cheese, and dive right in to one of the titles, marvelling at the delights of Niçoise cauliflower pizza; seared miso-marinated steak; roasted figs in truffle oil and honey and mint and mango marinated courgette spaghetti.

Working mum, living the dream – but, sadly, only in my head.

Joanna Lumley's favoured Garden Bridge

People's champ Joanna on bridge bandwagon

The proposed bridge at Gallions Reach is gathering momentum with the Mayor of London Boris Johnson apparently on board and London thinker Lord Adonis committing a future Labour government to the "no-brainer" project.

But it is the backing of celeb Joanna Lumley that virtually guarantees success. Speaking on the BBC's Politics Show she said of the eastern crossing: "It's vitally important. It's terribly important. If you can't get across the Thames you either get stuck in one of those tunnels or you've got to make your way much further east to go over [the Dartford bridge]. Or you've got to fight your way to central and clog up London, south and north. It's chaos."

Lumley is something of a bridge champion with her idea for a Garden Bridge likely to be the next structure to cross the Thames.

SPOTTED: Cara Delevingne heads to Shoreditch for a night out with her pals last week.

Charlie Whisky

People, places, things

Back in London for the Monty Python live shows, **Eric Idle** has been enjoying Greenwich.

He tweeted: "Walked to Greenwich and back, including twice under the Thames. Never knew there was a pedestrian tunnel. Beautiful day."

He reported that he bumped into **Sacha Baron Cohen** who has been in the town filming his football comedy *Grimsby*.

POLITICAL VIEWPOINT

By Jim Fitzpatrick

Residents left counting the cost of audit

We have now found out that the audit investigation into Tower Hamlets is running into the millions and it'll be local taxpayers footing the bill.

As Tower Hamlets Council pulls one way and the Government pulls the other, each accusing each other of hypocrisy, the majority of us are left standing there without the end – or truth – in sight.

I'm not opposed to an investigation into the council's finances but what I am opposed to is obstruction from both sides and residents picking up the bill.

I just hope in the coming weeks and months we can put aside the politics, get some answers and not see Tower Hamlets in the news every week for all the wrong reasons.

> "I just hope in the coming months we get some answers

■ In other news, in Parliament I voted for the Office for Budget Responsibility to be able to scrutinise all political parties' election manifestos but the Tories and Lib Dems voted to block this important reform.

People want to see properly financed policies and this would have been an important step forward so it's a great shame it didn't pass.

■ We're fast approaching recess and with this Parliamentary year nearly over I would like to share with you some stats.

In the last year I've attended 43 debates and received answers to 99 written questions which is above average for MPs. I can't believe how quickly this year has gone by and with the general election around the corner who knows what the next one will bring.

MP for Poplar and Limehouse

The Wharf events for Tommy's

the Wharf

Tommy's

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What's On

7 days ahead

Highlights of the week

GIG

James Arthur
Indigo2

★ He broke the mould for *X-Factor* winners (usually MOR and forgettable) and released an album *Impossible* to much acclaim. Now the "troubled" troubadour James Arthur, now bearing a rather strange primped and pampered look has acquired a band and support and aims to cement his credentials by not playing the arena but the more credible neighbouring nightspot.
July 11, Indigo2, £23.20-£45.90, theo2.co.uk.

DANCE

Women Of Mass Destruction II
Rich Mix

★ After 2012's explosive sell-out success, producer Lydia Fraser-Ward brings Women Of Mass Destruction II to Bethnal Green's Rich Mix with its blend of dance and physical theatre. Bold and risky new work will explore the role of women with issues such as body image, secrets and the environment.
July 11, Rich Mix, £8, 7.30pm, richmix.org.uk.

STAGE

Measure For Measure
The Space

★ In a dystopian Vienna, the Duke watches on in disguise as Angelo condemns young and unfortunate Claudio to death for lechery. But Isabella, Claudio's sister, fills Angelo with desire, setting him on a winding path towards his own moral disintegration. Amateur company Workspace Productions bring Shakespeare's play to life.
July 10-12, The Space, £10, 7.30pm, space.org.uk.

Bringing our sounds just round corner to Lovebox

Michael Liot, right, with fellow We Were Evergreen bandmates Fabienne Debarre and William Serfaff

FESTIVAL

Beth.Allcock
@wharf.co.uk

Singer Michael Liot is one festival-goer who won't face a lengthy trip home after Lovebox next week.

That's because the Frenchman – one third of We Were Evergreen – moved three years ago to a pad in Bethnal Green.

His fellow bandmate percussionist William Serfaff can also relish a short trip back to Bow while pianist and the final third of the pop act, Fabienne Debarre, lives north of the capital.

The band are set to entertain the crowds on Lovebox's second day, July 19.

Michael admits the band offers up a musical style that's "hard to define".

"We like to keep it all moving and evolving," he said.

"We have three completely different influences and we are all bringing something individual to the mix.

"These influences come from South American rhythms and on the other side, electronic music from Europe and maybe something French in the way of writing, although it's sung in English."

> "It's just three people on stage having fun

The band is fresh from its Glastonbury debut where the trio performed both electronic and acoustic offerings.

The beauty of Lovebox, says the 26-year-old, is its fun, chilled-out vibe within a relatively small festival space.

This year will see the likes of Katy B, ASAP Rocky and Duke Dumont and M.I.A head to the East End for the two-days of music and dance.

While he's been to the Victoria Park bash as a punter, this will be the first time Michael and his fellow musicians have taken to its stage.

"We are going to be doing a more energetic style, a lot of percussion and rhythm, but also a lot of live playing as well as recorded.

"In our music there are quieter moments and there are dramatic moments and we go between the two to try to create a journey.

"In a festival, there's that feeling you want to be caught by the music straight away.

"But, it's just going to be three people on stage having fun."
July 18-19, Lovebox, Victoria Park, loveboxfestival.com.

FURTHER AFIELD

★ Helen McCrory returns to the National Theatre to play Euripides' **Medea**, the wife and mother who is forcibly separated from her children and, in the small window of grace she is granted, exacts terrible and self-destructive revenge.
Go to nationaltheatre.org.uk for details.

3 of a kind

Lamda season

■ London Academy of Music and Dramatic Art brings a trio of works performed by graduates to Greenwich Theatre running at various times until Tuesday.
Go to greenwichtheatre.org.uk.

1 Love And A Bottle. Stella Feehily's adaptation of George Farquhar's play about wild Irish playwright George Roebuck's ribald adventures in London in 1698.

2 Something Cloudy, Something Clear. Tennessee William's autobiographical play about love and loss as playwright August and his ill-fated love for Kip.

3 Attempts On Her Life. Martin Crimp's post-modern masterpiece tries to discover the true identity of Anne who shows different faces to different audiences.

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CAPTURING CANARY WHARF / PAGE 13

What's On

6 Twilight Delights at Canada Square Park

■ From Wednesday, Canada Square Park will be alive with an array of open air performances from soul to pop, from West End classics to swing and from a 1950s tribute show to a boogie in the annual Twilight Delight music concerts.

Wartime At The West End
July 16, 7pm

A journey through West End classics including performances of songs from *Oh What a Lovely War!*, *On the Town*, *Sound of Music*, *Cabaret* and *South Pacific* – accompanied by the Central Band of The Royal British Legion with special guests Scarlett Strallen, Norman Bowman and Simon Green.

The Central Band is the flagship band of The Royal British Legion and, under the baton of the Capt David Cole, former director of music on HMY Britannia, has established itself as a respected and sought after ensemble.

The band's busy schedule has seen recent performances at the Royal Albert Hall, the Championship Finals at Wimbledon, Westminster Abbey, London's Guildhall and joint projects with the London Mozart Players and the Royal Philharmonic Orchestra.

Left, The Central Band of the Royal British Legion
Above and below, the BBC Big Band

The Best Of Gershwin & Porter
July 22, 7pm

The Royal Philharmonic Concert Orchestra is back with the classics from composer George Ghershwin and songwriter Cole Porter. Enjoy *Rhapsody In Blue* and *Who Wants To Be A Millionaire* plus more.

Rockafellas & Summer Dreaming
July 29, 7pm

The Rockafellas rock the first half of the show with the sounds of yesteryear including The Beatles and The Beach Boys and a 1950s musical tribute show will get you jiving during the second half.

The Count Meets The Duke with the BBC Big Band
August 5, 7pm

The BBC Big Band performs songs and music from America's finest bandleaders and pianists, the legendary Count Basie and the influential Duke Ellington.

Boogie Wonderland
August 12, 7pm

A party of classic disco, soul and pop classics from the likes of Earth, Wind & Fire, Stevie Wonder, Bee Gees, Donna Summer, Kool & The Gang through to pop classics from Wham to Spandau Ballet.

A Swinging Affair
August 19, 7pm

Vocalist Claire Martin and saxophonist and vocalist Ray Gelato combine their love of all things swing to explore the great American songbook with classics such as *Let's Call the Whole Thing Off* and *They Can't Take That Away from Me*.

What's On

KAY LOCKETT

Photographer Christopher Jonas says he prefers black and white but his One Canada Square exhibition has strong colour as a theme

Capturing the moment

EXHIBITION

Photographer's bid to record the essence of malls among his works on show

Beth.Allcock
@wharf.co.uk

After waiting in Canada Place Mall for two hours, photographer Christopher Jonas had less than a second to capture his perfect depiction of the bustling nature of life in Canary Wharf.

A woman, in a shade of yellow he saw as a perfect match for the neighbouring shop-front window, was set to hurry past, eyes down, focused on her phone.

And at the single click of his digital Leica camera – shutter speed set at a quarter of a second – the image was fixed.

It's one of 64 being showcased in his *Carpe Momentum* exhibition in the lobby of One Canada Square.

The man who has made a "second career" from his passion for photography is familiar with the hectic nature of working life in east London – he was a member of the Canary Wharf Group board from 1999 to 2004. He arrived in the area in 1982, tasked with selling land for the Port of London to the London Docklands Development Corporation.

"The *Texting In A Hurry* image is an interesting reflection of life in Canary Wharf," said Christopher, "It's always rather frenetic. I saw the reds, yellows and oranges in Tie Rack then looked for the red or orange dress – but they then turned the rack so it was greens and blues.

"You've got a split second – you just do it, which I do, and I get a lot out of it.

"The first point of the exhibition is the separation of that transient relationship we have with our surroundings and background.

"I have always taken portraits. The countryside is quite dry, as it's still by its nature. People are moving all the time – you've got to get the right expression in the right moment."

He was commissioned by Canary Wharf Group 15 months ago to hand-pick a selection of photographs to adorn the lobby of E14's tallest building and his choices include shots taken during the past four years.

Christopher said his second idea behind *Carpe Momentum* was "the colour of life at large" although he admitted a personal preference for monochrome images, such as his Monmouth coffee queue.

Christopher lives in Victoria and is chairman of Henderson International Income Trust and ENC Live Ltd.

"To come back in a different guise 10 years on is a huge opportunity, and it's a nice thing to do sentimentally – I'm very excited," he said.

Until Aug 21, One Canada Square, FREE, canarywharf.com.

■ A selection of the photographs will be sold to raise money for the Kids Company charity.

Go to canarywharf.com or kidscompany.myshopify.com.

CHRISTOPHER JONAS

From left, *Carpet Corner, Texting In A Hurry, Stripes And Pasties*, and *Monmouth Queue*, below

What subject matter do you favour?

I have always taken portraits. People are moving all the time – you've got to get the right expression in the right moment

GOING MOBILE

MUSIC

Mutineers
David Gray
★★★☆☆

The 46-year-old Manchester singer-songwriter returns with his 11th studio album, *Mutineers*.

The wobbly-headed crooner offers fans a different sound, with this latest release being much less acoustic, but still retaining the infamous heartfelt lyric Gray's famous for.

Lead single and album opener *Back In The World* hits with its catchy drumbeat, while the title track has that high-low tone he has so perfected. Fans will be happy to hear the romantic anthems *Last Summer* and *Snow In Vegas*, along with the sombre *Birds Of The High Arctic*. Stirring stuff. RF

APP

Lastminute
Free on Google Play and iTunes
★★★★☆

With more breaks booked via smartphones than ever before, the lastminute.com crew have developed an app to bring the best spontaneous breaks to your touchscreen in just two taps. Whether you want to find somewhere to go with the flow or have just missed your train home, this app will help you grab a room nearby or far away.

E-BOOK

Brew Britannia
Jessica Boak, Ray Bailey
★★★☆☆

Subtitled, *The Strange Rebirth Of British Beer*, this is a fascinating and entertaining account of the re-emergence of the British beer industry, which introduces to the wider public a cast-list of eccentrics, businessmen and hard drinkers.

This chronological exploration begins with Camra's fight with the "big six" brewers and the battle between profit and taste.

The authors, both acclaimed beer bloggers, travel the country to meet many of the key figures who have played their part in the fight against "fizzy". Much to enjoy for consumers of all tastes. JC

What's On

Making mad music on mean streets of New York

SCREEN

Begin Again

(15) 104mins

Actors secretly harbour a dream to be a musician and musicians want to be an actor one day." So says Brit James Corden, who turns up in this love song to the power of music which is heaving with job swappers.

CeeLo Green, Mos Def and Maroon 5's Adam Levine learn their lines while Keira Knightley warbles (not too shabbily) and Hailee Steinfeld wields a mean axe.

Behind all this music and mayhem on the streets of New York is Dublin director John Carney whose 2006 film *Once* became an indie, then mainstream, hit.

He repeats the trick here (it could be called *Once Again*) with a similar tale of two lost souls who find each other and then redemption through riffs, laughs and earbuds.

Washed-up producer Dan (Mark Ruffalo) has lost his family, his job and his mojo. He still wants to "invest and nurture" acts in an age of disposable pop. Songwriting sparrow Gretta (Knightley) splits with boyfriend Dave (Levine) who has fallen for the rock'n'roll lifestyle (and chicks).

Mark Ruffalo and Keira Knightley

An open mic night brings Dan and Gretta together. Earnest about "authenticity" they set about recording her album on the streets of New York. This is "let's-do-it-right-here" the movie.

Putting Knightley and Corden in the same film is rather like putting a chocolate topping on a box of puppies but Ruffalo is a superb counter-balance, keeping it the right side of grating with his underplayed passion and world weary chic.

The film is packed with puckish charm, insider knowledge and rough 'n' ready whiz. The sequence when Dan pictures a musical arrangement Mary Poppins style – with the instruments playing themselves – is, unavoidably, a delight. And if it's just a little smug and preachy, then the music is enough to inject joy into the most downbeat of souls.

Giles Broadbent

Our verdict

Charm, Ruffalo and melody make for an entertaining comedy

★★★★☆

Forgotten Chinatown has returned to tell its story

EXPERIENCE

Site-specific show takes audience on a tour of forgotten Limehouse enclave

Lucia Blash
The Wharf

Mention Chinatown to most Londoners and the likelihood of them conjuring up images of the lanterns of Gerrard Street is high.

However, long before this thriving quarter emerged, another Chinatown existed, boasting the highest concentration of Chinese in the UK.

In the late 19th century until the early 1950s, Limehouse was home to the original Chinatown, a community, largely drawn from the Chinese sailors who came on cargo ships into the docks and stayed to make a new life.

To meet the needs of the new émigré community cafes, shops, lodging houses, tobacconists, post-offices and banks sprang up.

"If you go around the area now there's nothing to see," said Yellow Earth artistic director Kumiko Mendl, who is staging a new play, written by Jeremy Tiang, based on this community.

"There's one sign that says Ming Street otherwise all the road names have changed and the buildings are long demolished. It's as though the place never existed. It's rather sad."

The recreated Limehouse Chinatown, above, and the original, below

EXTRA

Special interactive family performances are available; and the British East Asian theatre company has produced an audio-guide that allows people to walk around Limehouse listening to characters from the play. Download from yellowearth.org

The Last Days Of Limehouse is being staged at Limehouse Town Hall and will take the audience on a fascinating trip back in time.

A promenade production, the audience will walk through the historic Town Hall setting, with its myriad corridors, peeling paint and 1950s fading interiors, while the story of Limehouse Chinatown is played out around them.

The play starts in Limehouse in 1958 when the council is planning to bulldoze the last remnants of Limehouse Chinatown.

As the community decides what to do, a former Limehouse resident returns from her new home in America to help save her heritage.

Yellow Earth's site specific production aims to explode the myths of opium dens and sinister gangs run by a Chinese "Moriarty" figure to reveal a place that was, for generations, simply home.

Kumiko said: "The original London Chinatown in Limehouse is relatively unknown today. It was fictionalised in the 1920s and 1930s, often portraying the area as seedy and immoral where opium dens were rife.

"There were elements of that but in the main this was a small area where honest, hard-working families lived and carried out their business.

"Our play starts at a council meeting in Limehouse in 1958 – which did actually take place. We imagine who those people were, wondering what they were doing with their lives and how they reacted to the news their homes were going to be demolished.

"It's a story about a community under threat."

With the announcement that ABP has signed a £1billion deal to transform the Royal Docks into a gateway for Chinese businesses it's also history coming full circle.

July 16-Aug 3, Limehouse Town Hall E14 7HA, £15, halfmoon.org.uk.

SCREEN

Boyhood

(15) 166mins

In 2002, filmmaker Richard Linklater announced his intention to create a close-knit family of cast and crew, who would reunite every year to shoot new scenes that accurately reflected the physical and emotional changes of the young stars.

Seven-year-old Ellar Coltrane was cast in the lead role.

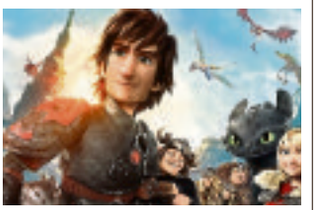
The result is a directorial doozy of dazzling ambition and scope that falls short in terms of pacing and compelling narrative arcs. But it remains a staggering achievement.

★★★★☆

SCREEN

How To Train Your Dragon 2

(PG) 106mins



In almost every aspect, *How To Train Your Dragon 2* matches its genius predecessor... except one.

The addition of Cate Blanchett is a calamitous misjudgment.

From the outset, the Australian is engaged in a tug-of-war with her Scottish accent that initially roams the British Isles and eventually strays across the entire Commonwealth.

Her verbal strangulations are horribly distracting and undermine some of the film's most emotionally charged moments.

★★★☆☆

SCREEN

Transformers 4

(12A) 165mins

If Michael Bay, director of *Transformers: Age Of Extinction*, were immortalised on-screen as a "robot in disguise", his mechanised alter-ego might be Maximus Kaboom.

For two decades, the Californian film-maker has been elevating wanton destruction to a blockbusting art form.

"The war will be over soon," barks Kelsey Grammer's Machiavellian politician during a momentary lull.

The buttock-numbing 165-minute running time says otherwise.

★☆☆☆☆

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Women seeking men

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

GENUINE widow 72, seeks kind, sincere gent for friendship and to put the sparkle back into my life. **Tel No: 0906 500 3729 Box No: 413081**

CHRISTINE seeking fun loving male, 56-63, young minded for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 413087**

MAUREEN, discreet sensual lady, 42yrs seeks daytime fun at her home. ACA. **Tel No: 0905 002 1959 Box 405297**

LOREN pretty petite 24yr old female, likes swimming, walking, cosy night in watching a movie, seeking caring well built loving male with nice personality 30-45. **Tel No: 0906 500 3729 Box No: 413015**

JULIE 46yr single female, long dark blonde hair, big blue eyes, loves home cooking followed by cuddles on the sofa with a nice wine, seeking genuine male, no time wasters. **Tel No: 0906 500 3729 Box No: 412907**

SALLY, sensual slim blonde seeks no strings discreet man 35+ for daytime meetings. **Tel No: 0905 002 1941 Box 402233**

BECKY 38yrs stunning size 10, big blue eyes, feminine, long hair, honest, fun, seeks honest reliable male to go out with, have a nice time and some much needed fun. **Tel No: 0906 500 3729 Box No: 412597**

JEWISH woman, 60's, WLTM Jewish man, 60's for all good things in life. **Tel No: 0906 500 3729 Box No: 412763**

ANNA, busty mature lady seeks no strings discreet meetings with male any age or location. **Tel No: 0905 002 1952 Box 366019**

LESLEY intelligent attractive slim female, enthusiastic, loves life, interests, looking good and keeping fit, seeks similar passionate Mr Wonderful. **Tel No: 0906 500 3729 Box No: 412323**

FEMALE seeking kind, caring gent for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 411751**

LAUREN 24yr old petite blue eyed barmaid, slim brunette, pretty, sporty, likes cosy nights in, WLTM caring well built easygoing male for meets, 30-45yrs. **Tel No: 0906 500 3729 Box No: 411211**

CHRISTINA, curvy beauty, 27yrs, own home, very very adventurous seeks no strings fun and frolics. Can accommodate and will answer all calls. **Tel No: 0905 002 1953 Box 410127**

BECKY 38 size 10, big blue eyes, considered stunning, honest, fun and caring, looking for similar kind of person to enjoy fun times. **Tel No: 0906 500 3729 Box No: 412593**

FEMALE N/S, seeking male to share and enjoy life with, 48-55. Bucks area. **Tel No: 0906 500 3729 Box No: 412637**

SAM, 35yrs, own business, sexy, loves dressing up and married, seeks discreet man for casual meetings. Can travel anywhere. ACA. **Tel No: 0905 002 1947 Box 408297**

CHERYL 21yr old single mum of one, slim, attractive, long hair, seeking true honest male up to 40yrs to put some fun back into life. Single dad welcome. **Tel No: 0906 500 3729 Box No: 412385**

ANN 40's female looking for male for broadminded adult fun, no strings. **Tel No: 0906 500 3729 Box No: 412369**

SUSIE, married, adventurous/dominant lady, 38yrs, seeks discreet man any age/area for no strings fun. **Tel: 0905 002 1943 Box 412285**

JANE bored 43yr old student with plenty of spare time, likes drinks out, walking my dog, swimming, looking for similar lonely companion, 38-50. **Tel No: 0906 500 3729 Box No: 412357**

JANE 29yr old horsey female, loves the outdoors, cycling, as well as duvet days, WLTM not too serious male for a hopefully normal relationship. **Tel No: 0906 500 3729 Box No: 412315**

WIDOW 70, lonely, seeking gent, 70-75 to bring a bit of sparkle back in life, likes theatre, cinema. **Tel No: 0906 500 3729 Box No: 412475**

ESSEX slim blonde lady, 60's, young outlook, seeks gent, 60-69, likes holidays, meals out, weekends away with happy disposition for fun times. **Tel No: 0906 500 3729 Box No: 412479**

CLARE 36yrs successful single mum, independent, employed with OHAC, size 10, green eyes, pretty, likes swimming, family life, seeking male with similar values and interests. **Tel No: 0906 500 3729 Box No: 412053**

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SHARON 32yrs and still soul searching for Mr Right, I enjoy keeping in shape, caring for people, seeking loving respectful guy who also knows a good time. **Tel No: 0906 500 3729 Box No: 412049**

WIDOW 60's, nice personality, GSOH, seeks nice male 63-70, for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 412101**

ROMANTIC 42yr old slim black mum of 1, loyal, likes countryside, cooking, music, nights in/out, comedy, seeks male, 45 plus for fun and laughter. **Tel No: 0906 500 3729 Box No: 412063**

52YR old female, seeks N/S male to share and enjoy life with, 48-56. **Tel No: 0906 500 3729 Box No: 409577**

FREYA 33 6ft blonde, loves dancing and have a good time, employed, own home, one son, seeking similar laidback guy/dad for dates, chats and more. **Tel No: 0906 500 3729 Box No: 412045**

MARILYN really nice curvy tactile female, loves romantic walks, cosy nights in, quality times, looking for nice male to spend time and fall in love with. **Tel No: 0906 500 3729 Box No: 411871**

SARAH 25 petite slim attractive blonde student, enjoys keeping fit, looking good, socialising, going out, being a mum WLTM similar fun genuine guy. **Tel No: 0906 500 3729 Box No: 411537**

33YR old sick of being single working mum, OHAC, likes the simple things in life, looking for romantic, honest guy with GSOH for cosy nights in and fun nights out. **Tel No: 0906 500 3729 Box No: 411887**

RITA divorced care worker with no ties, 5ft 1ins, dark hair, enjoys meals out, cosy nights in, seeking male 45-55 with GSOH and similar interests. **Tel No: 0906 500 3729 Box No: 411775**

MELANIE tall curvy attractive bubbly female who loves meals out, cosy nights in with a nice wine, walking, seeks professional male with outgoing GSOH. **Tel No: 0906 500 3729 Box No: 411509**

60'S slim blonde, size 10, Essex area, seeks gent for holidays, weekends away, meals in/out, fun times, perhaps more. **Tel No: 0906 500 3729 Box No: 411813**

SONYA tall leggy vibrant very attractive black lady who loves gym, music, dining out, seeks mature professional to be my soul mate. **Tel No: 0906 500 3729 Box No: 411697**

CARRIE 29yr old fun loving attractive single mum with OHAC, likes nights in or out, music, WLTM similar fun romantic handsome man for friendship possibly more. **Tel No: 0906 500 3729 Box No: 411215**

DEBS very hurt but healing female only looking for honest, caring genuine guy who will love me for me. I have varied interests and love music and Lanzarote. **Tel No: 0906 500 3729 Box No: 409275**

SUE 38 enjoys cinema, clubs, meals in/out, very broadminded, attentive, tactile, passionate, looking for lots of fun with Mr Wrong! discretion assured. **Tel No: 0906 500 3729 Box No: 411205**

JOANNE 36yr old single self-conscious mum, likes pubs, clubs, nights in/out, coast, seeks faithful kind guy 30-45 to share the rest of my life with so no time wasters pls. **Tel No: 0906 500 3729 Box No: 410569**

LEANNE young curvy single female looking for smoking hot single guy to enjoy nights in/out full of laughs and good times. Call me. **Tel No: 0906 500 3729 Box No: 410563**

SUSAN 29 green eyes, dark hair, slim, looking for Mr tall dark and handsome to take me out, enjoy adult times without complications just fun. **Tel No: 0906 500 3729 Box No: 410957**

JANE pretty size 12, loves going out socialising, countryside, meals out, looking for no strings fun, nothing heavy, give me a call if you are seeking similar. **Tel No: 0906 500 3729 Box No: 410579**

SUE optimistic divorced lady with OHAC, good job, enjoys meals out, cinema, countryside, pub lunches, looking for likeminded outgoing happy male. **Tel No: 0906 500 3729 Box No: 410467**

LUCY Asian origin, 39yr single mum, loyal, loving, fit, romantic, honest, genuine, looking for older gent to romance, look after and fall in love with. **Tel No: 0906 500 3729 Box No: 409713**

CATHY very much a lady seeks gent up to 62yrs who would appreciate an independent professional sassy female who loves to be wined, dined and romanced. **Tel No: 0906 500 3729 Box No: 410301**

JOSEPHINE pretty Chelmsford lady seeks benevolent gent for ongoing discreet daytime dalliances, 65 plus. **Tel No: 0906 500 3729 Box No: 410991**

CHINESE female, nurse, N/S, GSOH, likes music, dancing, meals out, holidays, reading, seeking nice genuine guy, 45-60 for LTR. **Tel No: 0906 500 3729 Box No: 410935**

SANDY 60's, nice personality, GSOH, likes most things, seeks male, 62-70 for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 410917**

FEMALE slim, blonde, blue eyes, seeking attractive male, 60-65, slim-medium build, N/S with GSOH. **Tel No: 0906 500 3729 Box No: 410545**

DIANE late 40's, likes walks, wining/dining, movies, bowling, concerts, looking for soul mate in Essex area, late 40-50's. **Tel No: 0906 500 3729 Box No: 405441**

LAURA happy size 12-14, attractive, loves shopping, gym, music, clubbing, eating in/out, looking for sincere honest male looking for more than just good fun. **Tel No: 0906 500 3729 Box No: 410713**

KATIE 21yr old very attractive female who is up for most things, looking for daytime fun, no strings and discreet pls. Age/status unimportant. **Tel No: 0906 500 3729 Box No: 410573**

JEWISH widow, 67, loves animals, seeks genuine, Jewish gent, 68-73 for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 410547**

DAWN 38 dark hair/eyed medium built busty female who loves nights in/out, WLTM fun honest male/single dad with GSOH to help mend my broken heart. **Tel No: 0906 500 3729 Box No: 410483**

TERRI 44 green eyed long legged busty blonde, loves to dress up and look feminine, seeking loving, fun, honest professional to fall head over her heals with. **Tel No: 0906 500 3729 Box No: 410315**

KAREN very nice looking mature busty size 14 blonde who loves life, spending time in my home abroad and having fun, seeking similar mature gent for quality times. **Tel No: 0906 500 3729 Box No: 410477**

Men seeking women

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TALL slim, easy going male, 42, 5ft 11ins, seeks attractive, feminine lady for nights out and socialising. **Tel No: 0906 500 3729 Box No: 413167**

6FT male, slim, short hair, clean shaven, seeks slim, easy going female with similar interests for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 413077**

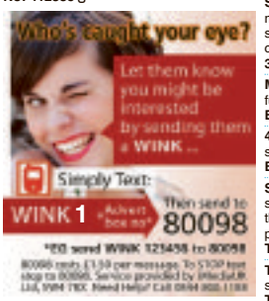
BLACK male, 50, bubbly, WLTM buxom, curvy, voluptuous, rubinesque white female, 25-55 for friendship/LTR. **Tel No: 0906 500 3729 Box No: 413073**

JEFFERY 57, 6ft, medium build, white, likes meals out, nights in, bowling, cinema, seeks genuine black lady, 30 plus for serious 1-2-1 relationship. **Tel No: 0906 500 3729 Box No: 413025**

JOHN likes swimming, countryside, caravans, camping, looking for nice lady, any age/race. **Tel No: 0906 500 3729 Box No: 412949**

AJ 35, looking for no strings fun with lady up to 45, bigger the better. **Tel No: 0906 500 3729 Box No: 412889**

PAUL tall, good looking, white, slim-medium build, dark hair, blue eyes, seeks tall, slim, attractive black girl for fun times, maybe more. **Tel No: 0906 500 3729 Box No: 412885**



5FT 11ins male, mid 70's, N/S, OHAC/teeth, likes swimming, diving, geology, gardening, may buy house in Barbados. **Tel No: 0906 500 3729 Box No: 412747**

45YR old male, intelligent, GSOH, looking for no strings fun. **Tel No: 0906 500 3729 Box No: 412829**

JON 22, looking for no strings fun with any female up to 35. **Tel No: 0906 500 3729 Box No: 412607**

ESSEX chap 61, 5ft 9ins, N/S, good company, retired, likes travel, animals, seeks slim, similar female for nice times. **Tel No: 0906 500 3729 Box No: 412511**

5FT 11ins male, 70's, OHAC/teeth, likes swimming, diving, geology, crop growing, buying house in Barbados. **Tel No: 0906 500 3729 Box No: 412501**

WEST Country male, trustworthy, kind, loving, HIV, seeking genuine, black, African lady for genuine LTR. **Tel No: 0906 500 3729 Box No: 412691**

TERRY seeking female for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 412677**

WILLIAM 67, young at heart, N/S, clean shaven, smart, easy going, likes days out, meals, walks, sport, seeks female who is fed up with being lonely for fun times. **Tel No: 0906 500 3729 Box No: 412647**

52YR old inexperienced male, seeks attractive, inexperienced older lady for fun times. **Tel No: 0906 500 3729 Box No: 412605**

GENUINE guy 59, seeks LTR, fun and friendship with similar female. **Tel No: 0906 500 3729 Box No: 412561**

EASY going male, 61, 5ft 9ins, medium build, seeks attractive, feminine female for LTR. **Tel No: 0906 500 3729 Box No: 412609**

JAMES young, free and single, please give me a call if interested. **Tel No: 0906 500 3729 Box No: 412345**

6FT 2ins male, 42, brown hair, green eyes, likes swimming, cycling, seeking female for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 411637**

Follow us on twitter @datelocally

TOMMY 47, divorced, seeking long term serious relationship, no time wasters, kind, considerate, normal guy, seeking female, 33-45. **Tel No: 0906 500 3729 Box No: 412401**

ALLEGEDLY handsome blond blue eyed male, 47, genuine, caring, fun loving, GSOH, OHAC, seeks genuine, fun loving black/Oriental/Asian female. **Tel No: 0906 500 3729 Box No: 409843**

SLIM fit active 69yr old N/S male, likes music, walks, cinema, quizzes, seeks slender, warm hearted 60's lady for company and more. **Tel No: 0906 500 3729 Box No: 412061**

MATTHEW 54, seeking lady for no strings fun and laughs. **Tel No: 0906 500 3729 Box No: 411981**

45YR old male, seeking female for no strings fun times. **Tel No: 0906 500 3729 Box No: 411963**

SEEKING invisibles. 52yr old N/S male, seeking invisible lady, 50-60 plus who feel that men have seized to notice you. petite/slim-medium build up to 5ft 8ins tall. **Tel No: 0906 500 3729 Box No: 411953**

TALL black, single, childless male, seeks slim, size 4-8 female for fun and friendship. **Tel No: 0906 500 3729 Box No: 411915**

Men seeking men

BUSY professional bi male, slim, fit, easy going, seeks discreet, intelligent guy for coffee and more. **Tel No: 0906 500 3729 Box No: 412269**

CHINESE male, 66, WLTM similar aged male, preferably Christian. **Tel No: 0906 500 3729 Box No: 411277**

GOOD looking bi guy, mid 50's, passive, slim, seeks assertive, bossy gay guy for friendship and fun. **Tel No: 0906 500 3729 Box No: 409671**

WHITE male, 62, medium build, own apartment, clean living, seeks clean-shaven Asian guy for fun and friendship. **Tel No: 0906 500 3729 Box No: 409225**

JEFF 60, slim, seeking discreet fun with gay/bi male. Can accom. **Tel No: 0906 500 3729 Box No: 408323**

Friends

FEMALE seeking male/female for friendship, cruising, holidays etc. **Tel No: 0906 500 3729 Box No: 408935**

Adult Interests

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Food

Gord's is shaping up well

REVIEW
The Narrow
Limehouse

Welcome refreshment: The Narrow's facelift is successful

The Narrow has always been a bit of a strange beast. Reviews were very mixed and Gordon Ramsay's Limehouse gastropub was never really as good as it should have been.

Two or three years ago I was present for a cringe-worthy amateur comedy night won by a north European pidgin-English Charlie Chaplin-esque act pretending to shoot polar bears.

Heading down the waterside stairs to the restaurant on my return for a Wednesday lunchtime I was met by a group of pleasant east London gents with a cheerful dog. All very quaint.

Inside, the venue had undergone a welcoming refurbishment. Garish, rowdy colours abandoned in favour of a minimalist stone-washed, modern effect, sympathetic to the Thames outside.

The bar is now a vestibule, very distant from the main attraction. We walked through, past the scene of the bear shooting – now a charming dining area – onto the main space, glass-fronted to allow for beautiful views across the river.

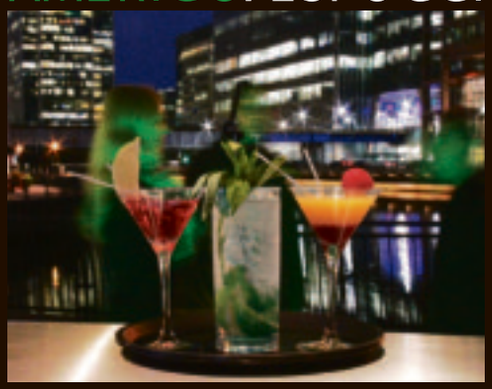
Scallops paired with a mini haggis and neeps (£10.50) wholly won me over. Equally well matched was the traditional coupling of Barnsley lamb rump and cabbage (£18.50) but the nest of mushy peas it rested on was bland and superfluous. Still, a more-ish banana sticky toffee pudding with salted caramel ice cream (£6.50) almost had me licking the bowl, completing a delicious meal.

The changes here are certainly welcome.

Rob Virtue
The Narrow, 44 Narrow Street, London, E14 8DP, 020 7592 7950, gordonramsay.com.

Our verdict
Better than it used to be, The Narrow's worth a trip
★★★★☆

AMERIGOVESPUCCI



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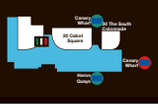


OVERGROUND

Relaxation turns to stress at chic venue

REVIEW
Foxcroft & Ginger
STOP: Whitechapel

Slapdash service and confusion taint pleasant tastes at this Soho export, writes **Beth Allcock**

East London's perfectly primed for weekend brunch – it's got all the right ingredients.

And a chilled-out, uber cool Shoreditch vibe has seeped along the Overground to Whitechapel, with new restaurants popping up along its main Mile End stretch.

One of the recent arrivals Foxcroft and Ginger will be familiar to some, with an existing branch in Soho.

It's decked out with minimalist urban decor – think exposed pipes, white brickwork and typewriter-print menus.

But after kicking back on striped couches for the laziest meal of my week, things became a lot less cool.

Our friendly waitress delivered a menu packed with options including polenta chips, lamb ribs and poached fruits as well as more typical brunch fare – French toast, eggs and granola.

It was fortunate my friend and I plumped for a calming Peppermint tea while we perused. More than 40 minutes after ordering the laid-back vibe began to grate.

With plates crashing from the kitchen, mixed-up orders and a chef voicing his frustrations, serenity turned to stress.

When my smoked salmon, pickled

Try this flipping Italian

DESTINATION
Vivo
STOP: Highbury & Islington

Vivo is just 30 minutes away via Tube and the Overground

When builders fitting out Vivo's interior installed vast granite tables shiny-side-up, founder Will Thompson opted to turn them over for a more rustic look.

It's an approach he's taken to the overall experience at this authentic Italian, flipping traditional fine dining on its head.

Instead of printed menus, there's a counter crammed with freshly-made treats. And it's self service – you'll be carrying your own tray.

We can recommend the pumpkin and ricotta salad (£6.80), pictured, the beef Lasagne (£7.90) and the Cannolo alla Siciliana (£4.50). This is an experience to savour and it comes at a very reasonable price.

Beth Allcock
Vivo, Upper Street, Islington. N1 0NY, 020 7424 5992, vivotaste.com.

LANE LICK

Brick Lane's **Fika Bar & Kitchen** is filled with flamboyant fairies and edgy elves as part of its fairytale theme to tie in with Swedish tales of Huldufolk, or Hidden Folk.

The dining space, roof terrace bar and menu will have a Midsummer twist until the end of September.

Carrots could well be purple and ox cheek and elk burgers will be whipped up in the kitchen. In addition, the bar will be serving magical cocktails using the forest flavours. It's just 16 minutes from the Wharf.

Fika Bar & Kitchen, 161 Brick Lane, London, E1 6SB, fikalondon.com.

DESTINATIONS

Left, mystery crumble and salmon, above, at Foxcroft & Ginger

14

Minutes to travel from Canary Wharf to **Whitechapel** via TfL

beetroot, avocado and grilled sourdough (£7.50) finally arrived, it was delicious.

Hearty chunks of fresh fish, earthy leaves and beetroot with a pleasantly sweet tang piled in a heap on the crispy dough.

But it took the staff three attempts to deliver a simple side of avocado without tomato (£2.50).

My friend fared a little better with her eggs benedict and avocado (£8.50), just the right side of runny, with a side of crispy bacon (£3) adding bite.

Further confusion ensued with dessert – staff couldn't name the fruit in the crumble (it turned out to be raspberry). It did round things off on a sweet note, but the overall experience was a tad sour.

Foxcroft & Ginger, 69-89 Mile End Road, E1 4TT, foxcroftandginger.co.uk.

Our verdict

Three attempts to deliver a salad just isn't good enough

★★☆☆☆

South American flavours

DESTINATION
Las Iguanas
STOP: Shoreditch High Street

Located a short stroll from the Overground stop (reachable in 16 minutes from the Wharf), this Brazillian restaurant and bar is still kitted out in lemon yellow tees for the World Cup.

Fortunately those still feeling the bite of England's failure will be able to drown their sorrows with ease thanks to the plentiful cocktails.

The food's also good – try the DIY guacamole starter (£3.95) with separate spices, chips and veg to blend or the newly arrived artichoke salad (£7.50).

And while the frijoles refritos (£2), a little like the England team, lack a cutting edge, the gambas prawns tapas (£6.90) are well-balanced and lamb meatballs in tomato sauce (£5.50) are worth a go.

Beth Allcock

Las Iguanas, 1 Horner Square, Old Spitalfields Market, London, E1 6AA iguanas.co.uk.

STOCK UP

■ Whitechapel Market has launched a series of Friday and Saturday evening openings, running from 7-11pm, throughout July. Located in Whitechapel Road, it sells a variety of fruit, spices and exotic vegetables as well as clothing.

WAPPING STOP

Located just 10 minutes from the Wharf, **Victualler** in Wapping continues to match its biodynamic, organic and natural wines with home-made food.

The latest addition to the Wapping venue's expanding menu is bread made on-site and left to prove for three days before baking and serving.

A pair of doughy goodies made their debut last week – a Brixton sourdough made to Andy Forbe's recipe and a rye.

Victualler's owner and director, Daniil Vashchilov, told *The Wharf* he hoped the bar's red wine, cheese and charcuterie offerings would pair well with the former.

Victualler, 69 Garnet Street, London, E1W 3QS, victualler.co.uk.

DRINK WITH PAULO BRAMMER

Rieslings for the warmer summer months

1

■ Erdener Treppchen Riesling Spätlese, Dr Hermann, Germany, 2005.
■ £9.99 Majestic.
■ The 2005 vintage was an extraordinary year for Mosel Riesling and this wine shows classic low alcohol (8.5%) and typical residual sugar that is perfectly balanced by its lively acidity. At nine years old, it's still showing notes of honey and marmalade.

★★★★☆

2

■ FX Pichler Loibner Steinertal Smaragd, Wachau, Austria, 2009.
■ £28 at Majestic.
■ Made from the single vineyard Steinertal in the Wachau region the nose is very pure with hints of wet stones, orange blossom and ripe apricot. It's rich and perfectly structured with a long complex finish. It will improve if kept.

★★★★★

3

■ Earth's End, Mount Edward, Central Otago, NZ, 2011.
■ £12.99 at M&S.
■ This wine is made by the talented Duncan Forsyth who is a nice chap and one of the ambassadors of the 31 days of Riesling campaign in New Zealand. He practices sustainable vine growing and this Riesling is made slightly off dry in style. Notes of baked lemons and grapefruit.

★★★☆☆

Paulo Brammer buys wine for ETM Group, which owns The Gun. Go to etmgroup.co.uk

Health

Planning for spontaneity makes trips smoother

Beth.Allcock
@wharf.co.uk

Holidays can be a "disaster" for some couples, according to West India Quay-based counsellor Owen Redahan.

He cites high expectations and the intensity of time together as flash points to accentuate problems.

"There's a small group coming home close to relationship collapse," said Owen.

"They think when a holiday doesn't reach the expectation, there must be something wrong with the relationship.

"Normally you aren't with your partner for more than three to four hours at a time but on holiday you're with them nearly 24/7.

"That's when you begin to notice the way people do things and that might irritate you."

Redahan is urging Wharfers to put in some pre-holiday preparation to ensure the experience remains stress free.

GETTY

Preparation is key to making time away good for all involved

Talking and a spot of forward planning are two tools he recommends. For example, while your other half might not be fond of mountain climbing, Owen suggests offering it up to your loved one as the chance for a joint activity if it's a must for you. Alternatively he recommends scheduling time apart.

He also suggests putting aside 10% of your holiday money for spontaneous fun.

Owen said: "Holidays are fun but think about them before you head off and plan them a bit better.

"Spontaneity is good – as long as you have planned for it."

Go to owen-redahan.co.uk.

CHECKLIST

Owen suggests doing the following for a trouble-free break:

- **Plan things together.**
- **Agree what the budget is.**
- **Sort out a general plan of activities before you go.**
- **Discuss the possibility of spending some time apart.**
- **Decide who will organise what and by when.**

Staying in shape

Do just 20 minutes a day to keep what you've earned. **Beth Allcock** finds out how to move

Sweaty gym sessions have been ticked off and cardio classes hit hard in the quest to sculpt the perfect beach bod. Perhaps you've even opted for Insanity as a quick fire way to fitness.

Now it's about maintaining those svelte shapes and toned abs. Reebok Sports Club's newest personal trainer Steph Whitehead took to the sand at Action For Kid's volleyball courts in Wood Wharf to show those with holidays booked how 20 minutes' exercise a day can keep their bodies in shape all summer.

"You're probably not going to get a personal best, but you can still do things to keep in shape," she said. "You'll be lying around on a beach so you want to stay active.

"You can get a basic workout that can be really effective – doing exercises using lots of muscle groups are best and cardio to get that heart pumping."

Here are her three favourite moves to try on the sand.

Go to reebokclub.co.uk.

1

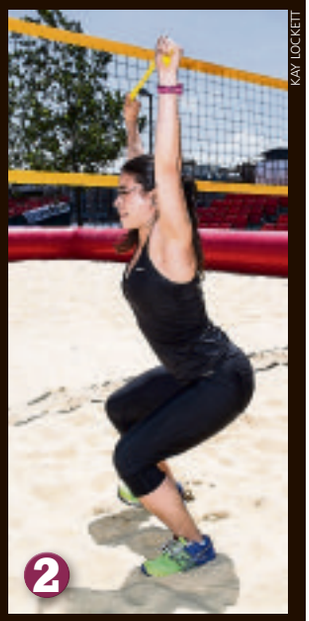
OVERHEAD SQUAT

Why is it good? Steph said: "It promotes flexibility and identifies where your weaknesses are in terms of posture and it's a good one to do as it's a body weight exercise."

Do I need anything? No, but a resistance band can be a way to vary things.

What do I do? Spread arms and hands wide apart, above your head, as if separated by a long stick. Keep the toes pointing forward and go into a full depth squats but avoid leaning forward.

How many? Try eight-10 reps.



KAY LOCKETT

2

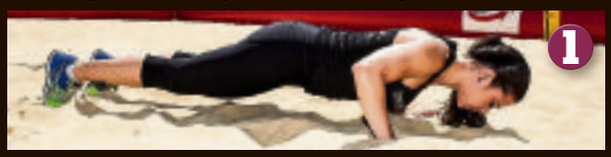
ECCENTRIC PUSH-UP

Why is it good? Steph said: "It's working lots of muscle groups in your chest and triceps as well as your core, and anyone can do it."

Do I need anything? Just yourself.

What do I do? Get into traditional push-up position, lower your chest down all the way through, to come down as close to the floor as you can, then push up again. Try only with your knees down if this is too tough.

How many? If you're doing the sets slowly, try eight-12.



1

2

PLYOMETRIC LUNGE

Why is it good? Steph said: "This is a good one for the beach where there's sand, because there's added resistance.

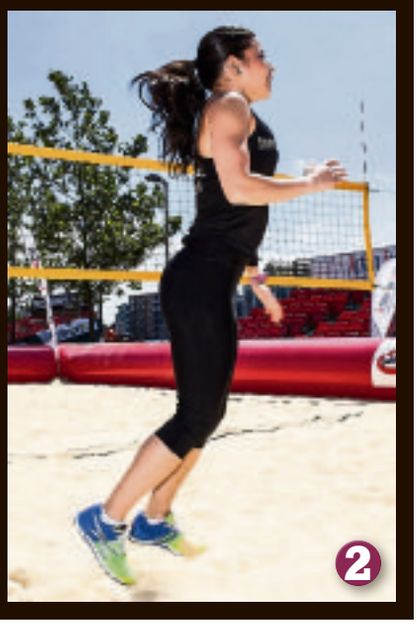
"The lunge movement will give the burn and it's also good for a cardio workout."

Do I need anything? Just you – so there's no reason not to get lunging your way over the sand.

What do I do? An explosive, static lunge, bringing the right leg out and both into 90-degree angles, before coming out of the lunge using a jump, and changing the front leg so the left is leading. Lunge again, jump, and repeat.

How many? A four-minute stint of 20 seconds of lunges and 10 seconds rest between each burst.

1



2

PLAY DATE

The beach at Wood Wharf will host a volleyball tournament in aid of the Action for Kids charity on July 18. Go to actionforkids.org for details

TIPS

Our fitness guru **Laura Williams** gets you on track to hit the surf

9 ways to get your body beach-perfect

Start now to make sure you're in shape for sunnier climes

GETTY

Having spent the summer watching sport, now's a good time to turn to participate yourself.

World Cup gatherings and Wimbledon parties aren't conducive to getting a beautiful beach body, but there's still time to turn it around, so here are my nine top tips for getting bikini (or Speedo) fit in double time.

■ HIIT it hard

While you should be wary of claims that promise overnight results with, say, three minutes of tough exercise, ramping up your usual routine will help – so take inspiration from High Intensity Interval Training.

You can even just take your usual cardio workout and add some tough 30-second intervals to it.

■ Sleep it off

A lack of zeds is notorious for contributing to weight gain.

Levels of stress hormones fluctuate when you're sleep deprived – researchers have found a link between these hormones and increased levels of body fat in the stomach area while a Chicago University study found people reduced snacking by over 20% after 8.5 hours sleep.

■ Keep it convenient

Put together your own living-room mash up workout.

Create an effective, short programme consisting of moves such as planks, decline push ups, bicycle crunches, jumping squats and lunges.

Intersperse with small amounts of cardiovascular exercise such as fast stair climbing.

A tough, 20-minute routine performed three-four times a week will produce results in a matter of days. Make sure you switch it up regularly though in order to continue to see results.

■ Police your portions

Okay, so this may not be the most exciting bit of beach body advice you get this summer, but with macronutrients being demonised left, right and centre, it's worth pointing out even the best diet will still leave you with a stubborn tum if you're overeating.

■ Lift smart

Work as many muscle groups as possible when you're lifting weights. Compound exercises such as squats, deadlifts, pull ups and push ups work many muscles across multiple joints.

And the more muscle fibres you use, the more metabolism-raising lean muscle tissue you'll develop.

■ Do the double

Try doing two short bursts of activity during the day, instead of one long one.

Studies have shown dividing your exercise up into two smaller workouts in the morning and evening can have a bigger impact on your metabolism than one long one.

■ Start sooner

While a few hotel room push ups will temporarily pump up your pecs for the pool, a half decent summer body needs to be worked on for a few weeks.

Plan ahead – at least two-three weeks will give you a good shot at a mini-transformation.

The closer to your holiday you leave it, the harder you're going to have to work to achieve even the smallest of gains.

■ Ban the booze

By cutting out high calorie booze you'll not only be saving yourself around 600 cals per night out, you'll also be saving on the accompanying food you eat when temptation strikes.

■ Hit the h2O

While water doesn't possess magical weight loss properties, it is known to make shedding pounds easier. It can help you feel fuller while keeping you hydrated so will help your body avoid confusing thirst for hunger.

Follow Laura on Twitter @laurafitness.

Travel

Left, the old town in Tallinn is a Unesco World Heritage Site

Going beyond the grey stereotype for nature and culture

ESTONIA

Rob Virtue finds seals but no bears or communists on a trip to the former Soviet Bloc city of Tallinn

It's easy – and lazy – to lump former Soviet Bloc countries into a single grey category. Each have their own culture, built on centuries of history before the USSR imposed its cold communist culture.

In Estonia's case, visitors will find its national identity springs from its rich landscape and wonderful wildlife.

For example, the country has a thriving brown bear population. It's so healthy the beasts, which can weigh up to 400kg and run at 40mph, have to be culled to keep numbers down.

Their proliferation was a worrying thought on my mind as we trekked through the national park in Soomaa, wondering how best we would flee on our unsteady snow shoes.

They only attack when protecting their cubs but, sod's law suggested that's when I would make first contact. The prospect of bloody doom, however, was mitigated by the idea of a bear-and-me selfie.

So I felt a mixture of relief and sadness as I listened to our tour guide explain there were just 10 in the region – compared with 600 in the northern part of the country.

"I've been walking through here for years and only seen one bear," he said.

What wildlife can I expect in Estonia?

"The country has a thriving brown bear population. It's so healthy the beasts have to be culled."

"We're unlikely to see one but that's good because it could kill you."

With those words still fresh we stumbled across bear scratches on a tree and my heart skipped a beat – I started wondering what exactly happened that "one time".

The nature trail at Soomaa is stunning and damp. When the heat is on, the only way to traverse the flooded wood is by canoe.

In the "dry season" we made it to the boggy plain sparsely populated with trees, hundreds of years old, their growth stunted by the inhospitable terrain they have made their home.

Apart from bears and beavers you can also, with luck, run into wolves. But for a more reliable opportunity to catch up with some furry friends get a boat to the Malusi Islands.

Between May and November tours are run from Tallinn out to the islands where music is played to encourage curious seals to take a look at the visitors.

It's a unique and bizarre experience to see a grey seal peaking over the Baltic waves while Estonian folk booms out of the speakers.

Above, a damp nature trail at Soomaa

Left, a seal is tempted to pop his head above the waves by the strains of Estonian folk music

After lots of "aahs" and "oohs" and with lungs full of clean air but feet a little soggy from Estonian nature, we returned to the beautiful and magical city of Tallinn.

Here you can explore the Unesco World Heritage Site of the Old Town but there's much to keep yourself occupied besides.

Expect cobbled streets, interesting bars (including one dedicated to Depeche Mode) and fantastic, filling, locally produced Estonian food.

Visitors can easily find themselves in the homely environment of someone's dining room-turned restaurant, a tangible example of Estonia's embrace.

FACTFILE

■ **Fly: From Gatwick to Tallinn with easyJet from £32.99 each way.**
■ **Stay at: Savoy Boutique Hotel – A 19th century, 44 room hotel in the heart of Tallinn, renovated art deco style, visitestonia.com/en/savoy-boutique-hotel. Boutique Frost Hotel – near Parnu beach, it's a charming hotel with just seven uniquely designed rooms, frosthotel.ee. St Petersbourg Hotel – A grand and beautiful venue in Tallinn's Old Town dating back to the 15th century, visitestonia.com/en/st-petersbourg-hotel.**
■ **Eat at: Diip – traditional Estonian food in Tallinn, diipresto.eu. Starlight Cabaret – fantastic food with performances between courses, viru.ee. Noa – delicious contemporary menu on the sea, noaresto.ee. Supelsakad – a cafe in a 150-year-old log house, supelsaksad.ee. Nano House – The Tallinn home of an Estonian supermodel turned fantastic chef and hostess, nanohouse.ee.**

Fashion

Baggage collection

Heading off into the sunset? **Beth Allcock** picks out some stylish travelling buddies

Grey canvas bag, £49
Striped top, £45
Trousers, £59
John Lewis
Westfield
Stratford City
johnlewis.com

Aubrey Rose cabin size suitcase, £135
Cath Kidston
Jubilee Place Mall
cathkidston.com

Tropical rucksack, £20
Burton
Westfield
Stratford City
burton.co.uk

Candy case in navy lizard, £750
Aspinal of London
Cabot Place Mall
aspinaloflondon.com

Radley Doodle Dog trolley case, £149
John Lewis
Westfield
Stratford City
johnlewis.com

Shirt, £7
Shorts, £10
Shoes, £16
Bag, £12
Primark
Westfield
Stratford City
primark.co.uk

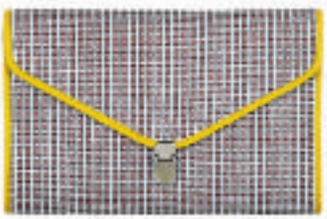
CLUTCH CONTROL

★ Be prepped for anything with these five functional bags:

Bead clutch, £35
Miss Selfridge
Westfield Stratford City
missselfridge.com

Vicid bag, £25
Topshop
Canada Place Mall
topshop.com

Bitsey clutch, £55
Dune, Cabot Place Mall
dunelondon.com



Woven clutch, £8
Primark
Westfield
Stratford City
primark.co.uk

Lemon slice bag, £22
Accessorize,
Canada Place Mall
uk.accessorize.com

TUMI

Baggage brand shuts up its shop

★ Jet-setters in Canary Wharf will no longer be able to suitcase shop in their lunch hour after Tumi closed the doors to its E14 store.

The brand's unit, in Cabot Place Mall, currently lies unoccupied.

Canary Wharf Group said a new tenant was expected in the autumn.

GODIVA

Get a cool free bag at top chocolatier

★ A bag of a different kind – stylish nonetheless – may give Wharfers an excuse to stock up on chocolate.

Staff at Godiva are handing out complimentary cooler bags with purchases of £40 or more, while stocks last. Shop at the Jubilee Place Mall branch to qualify.

London EYE

REUTERS

LE TOUR IN LONDON

Giant-Shimano team rider Marcel Kittel of Germany celebrates as he crosses the finish line to win the third stage of the Tour de France cycling race from Cambridge to London

Community

TOWER HAMLETS

Chain's birthday present to borough

FAST-FOOD chain McDonald's and its suppliers contribute £10.6million to the Tower Hamlets economy each year, says the company.

The borough's five restaurants, which employ 500 staff in total, are behind the figures released to mark the company's 40th anniversary in the UK.

The first McDonald's restaurant opened its doors in east London in 1985.

Tariq Hussain is a Tower Hamlets franchisee who took over his first Golden Arches restaurant nine years ago.

He said: "I believe every business has a duty to give back to the communities that they trade in, which is why my restaurants and I do the most we can for the community.

"We hold our quarterly and annual litter pick events where we alongside the council, clean up and make good any areas within the community that need our help and support."

GREENWICH

Skip along to park for free spectacle

GREENWICH Park will host a free skipping extravaganza commissioned by Greenwich Dance on Saturday.

Devised by choreographer Jorge Crecis, *Through & Out: Skipping Extravaganza* is a cross between dance and good old fashioned rope skipping.

Dance-skippers, including professional dance artists and a community cast – totalling about 500 in all – will come together for the performance, which is part of the Greenwich Festival.

Performances will be at 11am and 2.30pm.

Go to greenwichdance.org.uk.

POPLAR

Teens show it pays to pursue a dream

A TOWER Hamlets group has proved it is top of the charts with high praise for its new music video.

Spotlight's *Let Me Dream* – which was written, performed, filmed and edited by youngsters aged 12 to 17 – secured second place in the Adobe Youth Voices award.

The documentary-style feature explores the possibilities of following creative dreams.

The Poplar group will be treated to top Adobe media production software and Samsung equipment.

To view the video go to youthvoices.adobe.com/awards/winner.

BRIEFLY

THE Mayor's Newham Show is taking place at East Ham over the weekend.

Central Park will host the free event which is this year themed around Brazil and includes samba music and beach.

The event will run on July 12 and 13 from midday to 6pm.

Go to newham.gov.uk.

Students from UEL and Nashville visit the House of Commons

UEL EXCHANGE

STUDENTS from the University of East London and Vanderbilt University, Nashville, Tennessee, met with Newham MP Stephen Timms at the House of Commons as part of an collaboration between the two universities.

The MP said: "Two years ago, Newham welcomed the world when we held the Olympic Games. Now we are building on the successes forged in the summer of 2012. Newham is now one of the best connected boroughs in the capital."

Angela Moslie from Nashville, said: "We have really enjoyed our trip to London and the facilities at UEL have been spectacular."

Six jailed for beating victims in race attack

COURT

Counter-terrorism officers called in to track down suspects

Rob.Virtue
@wharf.co.uk

SIX people have been sentenced to a combined total of 36 years in prison for a racially and religiously motivated attack that started in a Tesco store in Tower Hamlets.

The victims, aged 40 and 49 at the time, between them suffered a fractured skull and two broken wrists after they were beaten with weapons including a baseball bat.

The initial incident took place at the store in Bow in September 2012. The two victims were assaulted by Abu Bakr Mansha, 30, of Dunbar Road in E7, and a 17-year-old who cannot be named for legal reasons.

Mansha followed his victims home and returned with a group of friends armed with weapons, where the most damaging assault was carried out.

During the sentencing at Inner London Crown Court Judge Darling said: "Not only was there a religious aspect to this offence, but there was an undoubted racial element.

"Mr Mansha is heard to use language that is foul, unacceptable and reveals a degree of racial intolerance that is worrying."

The Met's Counter Terrorism Command, SO15, tracked down the suspects.

T/Commander Duncan Ball said: "This was a vicious, racist attack during which the victims received serious injuries.

"The support and assistance of the community was vital and illustrates the refusal of the public to feel intimidated by such violent criminal behaviour.

"The fitting sentences provide strong reassurance that we remain resolute in pursuing those who carry out acts of violence."

Mansha was sentenced to 10 years in prison for grievous bodily harm with intent. The youth was ordered to serve 18 months in detention for the same charge.

Four others were also convicted of GBH. Ibrahim Mohammed, 32, of Skelton Road, E7 was sentenced to six and a half years. Javed Patel, 29, of Upton Lane in E7 was sent to prison for eight years. Salim Jada, 30, of Green Street, E7, was sentenced to eight years in prison and Zuber Kara, 30, of Hereford Road in E3 was given two years in prison.

The six were sentenced at Inner London Crown Court on Wednesday.

Abu Bakr Mansha and Javed Patel, left, were jailed for the attack

TOWER HAMLETS

Poplar Baths plans get £36m backing

A PROJECT encompassing the restoration of Poplar Baths has been given the financial go-ahead.

Tower Hamlets Council has teamed up with developer Guildmore and Barclays for the £36million Poplar Baths and Dame Colet House development.

The Grade II listed pool opposite Chrisp Street Market will offer residents a new leisure centre, sports hall, cafe and gym.

Some 60 new council homes will be created at the Poplar site, with the scheme's second base for 40 new council homes in Stepney.

WAPPING

£100,000 to make Wilton's accessible

WILTON'S Music Hall has received £100,000 to carry out extensive improvements on the building.

The grant, awarded by the City of London Corporation's charity, City Bridge Trust, will make Wilton's more accessible to people with disabilities.

The music hall in Wapping, which was built in 1859, was one of the few buildings in the area that survived the Blitz.

Wilton's managing director Frances Mayhew said: "Currently the music hall receives 35,000 visitors every year. Once the refurbishment is complete, we hope to attract double that number. This grant is helping us lay the foundations to ensure this building is here for many more years."

STRATFORD

War musical makes return to theatre

FOLLOWING a sold-out run in the spring, Terry Johnson's revival of *Oh What A Lovely War* will return to the Theatre Royal Stratford East in January before embarking on a national tour.

The satirical musical about the First World War premiered at Theatre Royal Stratford East in 1963. Joan Littlewood adapted the play from Charles Chilton's work for radio.

Kenny Martin, kneeling front left, and other outstanding students

NEWHAM STARS

A TEENAGER who battled cancer and family tragedy has secured Newham College's Apprentice of the Year award.

Engineering student Kenny Martin was one of 16 winners at the establishment's Outstanding Stars Student Awards Ceremony held at the Troxy, Limehouse.

More than 200 guests celebrated the youngsters' work with accolades highlighting leadership, progress, contribution to college life and promoting equality.

Kenny, who lives in East Ham, managed to maintain a high attendance rate despite suffering from the illness and thanked staff member Lorraine Jones for her support.

He said: "I was determined that all the problems I have experienced would not stop me from pursuing the work that would make me happy."

Fellow East Ham resident Abdul Vajid Punakkath was chosen for the Student of the Year award.

The 16-year-old hopes to secure A* in all his GCSE subjects.

A total of 23 students were chosen for runners-up awards with a pair of awards dedicated for whole classes which encompasses 67 students.

Parin Bahl, chairwoman of governors at Newham College, said: "Our awards ceremony celebrates the hard work, ambition and tenacity of students and staff."

Business extra

Why we have set up online present store for mummies

ONLINE

Duo pitch into the marketplace after receiving boring gifts themselves

Rachel.Bishop
@wharf.co.uk

Two Tower Hamlets-based women have made present buying for a mum-to-be a whole lot easier.

Alex Bagguley and Natalie Cunningham created HeppyLondon.com after finding the gifts they received at baby showers and from colleagues were all a bit samey.

The pair work from home while looking after Alex's son Henry and Natalie's daughter Poppy who provided the inspiration for the brand's name.

Alex said: "We favour different styles and this brings more variety. Our products are carefully selected to ensure they are of the best quality.

"We want to provide a range of products that are not found on the high street and that make fabulous gifts.

"What we are aiming to create is a one stop shop for our customers looking for great gifts for family and friends."

Natalie said: "Our kids are crazy about our animal print T-shirts in our Toddlers section. They are so well made and wash beautifully.

"Our children's wardrobes are getting bigger by the day as they are usually the first to give them a test run. The toys have been a brilliant success too – both our kids really love the lacing toy, it's a great one on rainy days or for travelling."

Alex and Natalie hope to have their own range of baby and maternity products in the future. They also intend to expand the gift sections and add a "difficult to buy for guys" section.

Alex said: "We have big ambitions for HeppyLondon but want to make sure we take our time and build our business so that it is strong at the core and shows our customers they can trust us to deliver on quality and service."

Go to heppylondon.com for more information.

What do you intend your site to be?

"We want to provide a range of products that are not found on the high street and that make fabulous gifts."
Alex Bagguley

HeppyLondon.com creators Alex Bagguley and Natalie Cunningham with Henry and Poppy

Escaping corporate law for a decent Mexican

FOOD

Popular Mexican food company Benito's Hat was created through a City lawyer's passion for decent central American cuisine and a chance meeting on the Tube.

Ben Fordham was chatting with his wife on the Underground one day about opening a restaurant offering authentic fare when a passenger made an unexpected offer.

Ben said: "A man lent over and said 'I don't mean to interrupt but I run a Mexican restaurant and I may be able to help'.

"It was Green And Reds in Bethnal Green, which is closed now, but I started moonlighting there, getting to know the trade.

"I had worked in bars and restaurants before but this was a chance to work in a very good Mexican kitchen."

No regrets: After moonlighting, Ben Fordham set up his own Mexican chain

Before he started at Linklaters in London, he'd studied at the University of Texas in Austin, where there was a wealth of good Mexican places. It sparked his passion for the food and he was determined to bring more of it to the UK.

At Green And Reds Ben met chef Felipe Fuentes Cruze, who shared Ben's enthusiasm and provided the finance and connections to take the project forward.

The pair teamed up and opened their first Benito's Hat in Goodge Street in 2008. For Wharfers, the most accessible is probably Farringdon or the recently opened branch in Leadenhall Market.

Looking back, Ben said: "From the beginning this is what I wanted to do with my life.

"I enjoyed law as a student and my time at Linklaters was good – there's certainly something that you learn working in a big corporate agency – but I don't ever wish I was back there. My life is in the food industry now and that's where I'm staying"

Go to benitos-hat.com for more information.

Order digitally at six City pubs with app

APP Beat the bar queues in some of the City's drinking hotspots with a download.

Orderella has linked up with six Red Car Pubs – The Bell, The Castle, The Swan Tavern, The Three Lords, The Sheaf and Katzenjammers – to offer users the ability to request food and drink via their smartphones. A message announces when an order is ready.

Shop in boutiques

TECH London shoppers can now browse the rails of independent boutiques from their smartphones.

StreetHub has launched an app to open up the doors of more than 300 one off stores – including outlets in Greenwich and east London.

Users can purchase instantly, click and collect or opt for quick delivery.

the Road

Audi tips its hat to convertibles

ROAD TEST

Iain Dooley
The Wharf

With the sun finally thinking about showing its face, can Audi's drop-top A3 emulate its tin-top cousin when it comes to winning the hearts and minds of Wharfers?

That's the plan – to see if the A3 Cabriolet can deliver on the important elements of compact hatch motoring. Is it easy to drive, park, frugal at the pumps and does it add a ray of sunshine to the ownership experience?

The omens are promising: a white car with a black fabric roof couldn't offer a more contrasting appearance if it tried. Being a Sport specification A3, it boasts a lower ride height and firmer suspension set up than the lower spec SE.

I've been here before with a regular A3 hatch and this combination is better than it sounds. That the car's optional 18-inch wheels also don't appear to hamper the ride quality is proof that Audi has come along way in recent years when it comes to balancing a sporty ride with day-to-day comfort.

Lift the car's fabric lid and, with a few exceptions, this car's like the regular three-door A3.

One particular benefit of Sport spec ownership is a three-layer roof boasting a greater level of insulation.

Certainly, with the roof up the cabin ambience is suitably refined, although nothing short of a metal folding roof will come close to a genuine tin-top experience, whatever the car.

Of greater importance is the usability angle, and it doesn't get any easier than pressing the roof switch for 17 seconds and watching the top disappear into a dedicated space above the car's boot.

That you can raise and lower the roof at up to 31mph is a welcome bonus, although installing the (optional) wind deflector does render the rear seats out of bounds.

On a more positive note, engine of choice is Audi's new 1.4-litre petrol unit is pleasingly quiet and delivers ample urge.

The Audi A3 looks even more attractive in convertible form

FACTFILE

Model: Audi A3 Cabriolet 1.4 TFSI Sport with CoD, from £27,015 on the road. Price as tested £32,065. **Engine:** 1.4-litre petrol unit developing 140bhp. **Transmission:** 6-speed manual as standard transmission, driving the front wheels **Performance:** Maximum speed 135mph, 0-62mph 9.1 seconds. **Economy:** 56.5mpg.

I've also got Audi's high-spec optional infotainment system to play with. Aside from DAB and Bluetooth, there's a comprehensive sat-nav, high-res screen and 4G-ready data connection for Google search, weather and traffic alerts and the inevitable social media integration.

Plus, you can send destinations from Audi's dedicated website direct to the car.

Time will tell if the A3's boot proves big enough in everyday use, while I predict an unhealthy relationship with the car's trip computer as I attempt to spend as much time as possible in two-cylinder mode.

This car summed up in a single word: Summery. If this car was an ice cream, it would be an orange Solero.

Our verdict

Summery addition to Audi range could well make the grade

★★★★☆

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The official fuel consumption figures in mpg (l/100km) for the Mazda Range: Urban 25.4 (11.1) - 60.1 (4.7). Extra Urban 45.6 (6.2) - 83.1 (3.4). Combined 35.3 (8.0) - 72.4 (3.9). CO_2 emissions (g/km) 188 - 104.
The mpg figures quoted are sourced from official EU-regulated test results obtained through laboratory testing. These are provided for comparability purposes only and may not reflect your actual driving results.
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+Offer available to individuals for orders received between 01.07.14 and 30.09.14. Figures based on Mazda Personal Contract Hire on a non-maintenance contract hire package over 42 months and 9,000 miles per year (max). Monthly payments: Mazda CX-5 150ps 2WD SE-L Diesel, advance rental of £1,395, equal to 5 monthly payments, then 41 monthly rentals of £279, excluding Metallic paint. Rentals and excess charges are based on the current VAT rate. An excess charge of up to 11.87ppm will be applied for mileage in excess of 9,000 miles a year. Excess charges are waived if the vehicle is returned in good condition and within the agreed mileage. Mazda Contract Hire will not normally compensate with the BVRLA Fair Wear & Tear guidelines for its age and mileage. Package includes R.F.L. and Mazda Roadside Assistance. Offers subject to availability and status. UK supplied vehicles only. For full specification, details, terms and conditions contact your local retailer. Guarantee and/or indemnity may be required. Applicants must be 18 or over. Details correct at time of publication and may vary, e.g. if list price changes. Personal contract hire by ALD Automotive Ltd., trading as Mazda Contract Hire, Oakwood Park, Lodge Causeway, Fishponds, Bristol BS16 3JA. Models shown: Mazda6 Saloon 150ps Sport Nav Diesel; OTR from £25,895; All-new Mazda3 120ps Sport Nav; OTR from £20,195; Mazda CX-5 150ps 2WD SE-L Diesel, OTR from £23,695. Models shown feature optional Soul Red Metallic paint; Mazda6 (£660), and optional Pearlescent paint, Mazda CX-5 and All-new Mazda3 (£545). OTR = on the road price. Mazda6 includes 4 years/80,000 miles warranty and 3 years/60,000 miles warranty on all other models. Mazda Roadside Assistance. °Test drives subject to applicant status and availability. Details correct at time of going to print. Not available in conjunction with any other offers unless specified. We can introduce you to a limited number of carefully selected finance providers. We may receive a commission from them for the introduction. ^Figures shown are for all-new Mazda3 Fastback 150ps Diesel manual.

wharf.co.uk
the Wharf
classified

Classified Recruitment

Arnhem Wharf Primary School

Required for September 2014
Business Manager/PA
Scale PO4 (term time plus two weeks)
£38,229 - £40,911 pro rata

Are you looking for something different? Would you like to work in a lively, busy and interesting environment where you could be part of making a difference to lives of young children and their families?

We are looking to recruit a personal assistant for the senior leadership team who will also share business manager duties with our other business manager. The current areas of responsibility in this role are Health and Safety, Premises and IT. The role also involves the management of our administrative team of five.

This role requires someone with sound administrative skills but also excellent oral and written communication skills and willingness to be flexible. We are looking for someone who has a calm confidence and is able to prioritise, even under pressure. We are very proud of our inclusive ethos and it will also be important to be absolutely committed to the right of all children to an excellent primary education. We are looking for someone who either has the Certificate of School Business Management already or who is willing to undertake this training.

Arnhem Wharf is a large, expanding and successful school situated near Canary Wharf. We offer broad, engaging and relevant provision for all children in our community.

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- A lively and creative school committed to working with the community;
- Delightful, lively and engaged children;
- A supportive staff team and friendly environment
- An attractive and well-resourced school.

Visits to the school are welcomed and encouraged.
Please email reception@arnhemwharf.towerhamlets.sch.uk to arrange a visit.

The application pack can be downloaded from the school website **www.arnhemwharfprimaryschool.com**

Closing Date: 14th August
Shortlisting: 29th August
Interviews: 4th and 5th September

Arnhem Wharf Primary School is committed to safeguarding and promoting the welfare of children and expects all members of staff to share this commitment. Applicants will be subject to an enhanced DBS check.

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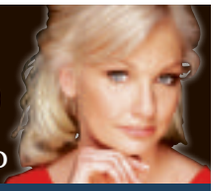
Stars

With Claire Petulengro



AQUARIUS
JAN 21-FEB 19
For more call 0905 817 2070

Aim higher today as the rest of the zodiac is ready, willing and able to help you make the most of your future. Every step you take gets you closer a triumph.

PISCES
FEB 20-MAR 20
For more call 0905 817 2071

Never look back and never regret, it's what will drag you down. Focus on the future and what's possible. You have wasted enough time on some people.

ARIES
MAR 21-APR 21
For more call 0905 817 2060

Although you may have been hurt in love, that doesn't mean that you can't love freely again. Don't be afraid to trust your instincts this week.

TAURUS
APR 22-MAY 21
For more call 0905 817 2061

You start to see the potential in situations, instead of just the limitations. Knowing what you want will help you to make big decisions the right way.

GEMINI
MAY 22-JUNE 21
For more call 0905 817 2062

Don't be afraid of the problems you face, but embrace them. You'll feel so much stronger if you do my friend. News of an ex gives rise to gladness.

CANCER
JUNE 22-JULY 23
For more call 0905 817 2063

What hasn't killed you has made you stronger and you start to realise this as you are no longer put off by challenges. You embrace them with clear vision.

LEO
JULY 23-AUG 23
For more call 0905 817 2064

Let go of the bitterness and instead find forgiveness. You'll feel 10 years younger if you do Leo. You cross paths with useful business contacts. Make it count.

VIRGO
AUG 23-SEPT 23
For more call 0905 817 2065

Try not to get involved in futile arguments, but work instead on finding common ground. It can earn you the respect you lost recently so is really worth a go.

LIBRA
SEPT 24-OCT 23
For more call 0905 817 2066

Put yesterday behind you and focus on the future instead of the past. There are several opportunities to move up the career ladder. Time to get ambitious.

SCORPIO
OCT 24-NOV 21
For more call 0905 817 2067

Dealings with authority may seem scary but can actually work in your favour. Your ruling planet Mars helps you deal robustly with a change.

SAGITTARIUS
NOV 22-DEC 22
For more call 0905 817 2068

Someone has done a very good job of knocking your confidence and it's time you stood up to them. Look after yourself as you look after others, Sagittarius.

CAPRICORN
DEC 23-JAN 20
For more call 0905 817 2069

Not talking about a problem is not going to make it go away Capricorn. Try laying your cards on the table and speak about what's on your mind.

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TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

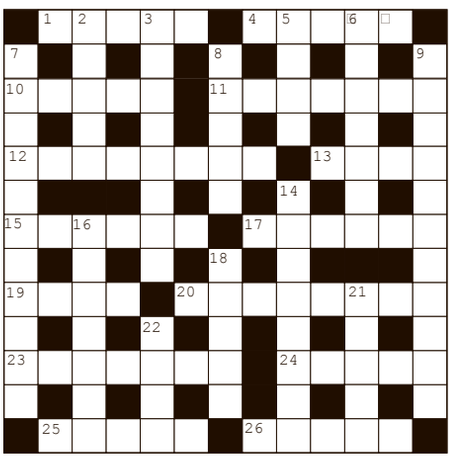
Dinner and a Movie

★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine) and a pair of tickets to the cinema.

To be in with a chance of winning, just tell us the name of this British actress who stars as a love-lorn singer Greta in *Begin Again*.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date is July 18. Include your name and address.

Crossword



ACROSS
1. Academy Award (5)
4. Smacks (5)
10. Native New Zealander (5)
11. Run away secretly (7)
12. Makes bigger (8)
13. Chuck (4)
15. Typewriter operator (6)
17. Shot in billiards (6)
19. Midday (4)
20. Extremely bad or serious (8)
23. Knitting rods (7)
24. Prize (5)
25. Remains (5)
26. Incisors, say (5)

DOWN
2. Bobbin (5)
3. Beekeeper (8)
5. Whip (4)
6. Part of speech (7)
7. Rude (11)
8. Artist's stand (5)
9. Miscellaneous articles (4,3,4)
14. Wedding (8)
16. Defend (7)
18. Of Wales (5)
21. Explosion (5)
22. Engage in games (4)

ACROSS: 1. Oscar; 4. Slaps; 10. Maori; 11. Abscond; 12. Enlarges; 13. Toss; 15. Typist; 17. Cannon; 19. Noon; 20. Terrible; 23. Needles; 24. Award; 25. Stays; 26. Teeth.
DOWN: 2. Spool; 3. Apiarist; 5. Lash; 6. Pronoun; 7. Impertinent; 8. Easel; 9. Odds and ends; 14. Marriage; 16. Protect; 18. Welsh; 21. Blast; 22. Play.

Sudoku

EASY

				2			9	
9	8		3		7			2
5	2	1			6	3	7	8
	1		7		2	4	3	6
2	6	9			4	1		7
	3	7	6	8	1		5	9
	4		8	1		9		5
	5	6	2	7		8		1
1	9		4	6	5	7	2	

HARD

	7			9				
8		5				6		9
	1	2					3	
7	5					1		
		9			2			
			9		4			
4		8		7				
		3	2					4
				3	5	8		

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

Sport Wharf

WEEKEND FLUTTER WITH THE RACING POST

GETTY

RACING

■ The John Gosden-trained **Fencing** makes plenty of appeal in the Group 2 Summer Mile Stakes at Ascot on Saturday.

The five-year-old has gone well at the venue in the past and can run a big race with the likelihood of quick ground in his favour.
Edward Quigley

■ **Ertijaal**, pictured, runs in the Bunbury Cup at Newmarket on Saturday. He disappointed in the 2,000 Guineas but had looked progressive when winning two competitive seven-furlong races at Lingfield previously.

This talented three-year-old should return refreshed after a 70-day break and could still prove to be a Group horse in the making. He receives plenty of weight but is a strong horse.
Mike Heath

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

the Wharf LEAGUE

RESULTS

DIVISION ONE	
Efan Ekoku's Elite	9
Manny Omoyinmi	15
Reggae Allstars	18
Context Penetrators	7
Camden Pathway	0
Fire Breathing Kittens ●	10
Abou	4
Athletic Pasty	7
Salmon FC	23
Sub Standard Liege	6
DIVISION TWO	
Real Moro	5
FC Hangover	17
Canary Wolves ●	10
Newport Dodgers	8
Not So Athletic	4
FC Poor Toe	17
Smack My Pitch Up	3
Rusty Trumpet FC	18
Prospect Aware	0
Bayer Neverlusen	10

Last games on June 18.
● = Current league leaders.
The Wharf League is played at ***Powerleague*** *in Crossharbour.*
Go to powerleague.co.uk.

We're pitching for Europe in 3 years, says Lions boss

BASKETBALL

A year after they moved in to Copper Box, Lions' vibe is still bouncing

Rob.Virtue
@wharf.co.uk

MATT GRAYSON

Big plans: Owner Vince Macaulay has European ambitions for his Stratford-based London Lions side

Vince Macaulay, owner of the London Lions basketball team, has big plans for next season. Last year he signed a 10-year agreement for his side to play at the Copper Box – the 6,000 capacity former Olympic venue.

Now his focus is to get the team playing in European competitions within three years and he wants to bring in the GB captain, who is currently in talks with the club, to lead that challenge.

"Andrew Sullivan is a local lad and that shows you the calibre of player we're looking to bring here," said Macaulay, himself a former player at a host of London clubs.

"We've also brought in the league's most valuable player in Zaire Taylor. Our goal last year was to make the play-offs and we did that comfortably, despite struggling in the second half of the season after failing to gel following changes brought in.

"This season we're looking to progress on that and then in three years I want to see us competing in Europe."

There were also trials held in Las Vegas this week with a view to bringing over players from the States. And for Macaulay the key selling point is the Copper Box.

"The inspiration of being here, and recognising the achievements of the people participating in the Olympics, we feel that as soon as we walk in," said the 54-year-old, who was born in Liverpool.

"We're getting crowds of 2,000, 50% of which are girls and we're getting people from all over London here. The biggest driver is the facilities and we've got the best in the country.

"We're part of the Olympic legacy. And we've also got so many different nationalities in this region – Lithuanians, Greeks, Spanish, Turks – all from big basketball playing nations. There's a great vibe here."

Coupled with 30,000 people moving into the area, the future is bright for the London side.

10 Years the Lions will be at the Copper Box

Macaulay bought the club back in 1998 when it was known as the Royals and based in Hemel Hempstead. He moved it to Milton Keynes and re-christened it the Lions before making the big move to the capital.

But his passion is about raising the profile of the sport as well as the club.

He wants London's youngsters to have more access to basketball at grass roots level and has strengthened links with Greenwich Leisure Limited – operator of the Copper Box – to help the group put in facilities for playing the sport at all its venues. He is also working with the London School of Basketball.

Macaulay believes the sport is perfectly poised to be huge in this country, with the right support

"We've got more people playing than ever before but we just want the powers that be recognising that," he said.

"They haven't. Funding was withdrawn after the Olympics. They're still hung up on football and cricket and they are not aware of what's going on out there and what the kids are doing. Cricket's dying and as for football team, you just need to look at the World Cup to see how far behind we are. Basketball is the future."

Ravel Morrison and Carlton Cole kit up

New kit for fresh faces

West Ham's 2014/2015 kit was launched on Friday with a car park photoshoot.

Summer signings Cheikhou Kouyaté and Mauro Zárate adopted the slightly tentative holding the shirt look, while more established stars embraced the camera.

Striker Carlton Cole and the returning Ravel Morrison both wore the new Adidas tops with their casual gear in the training ground car park.

Cheikhou Kouyaté and Mauro Zárate

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